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Standing sentry in the nutmeg state

SPC. JORDAN E. WERME
65TH PCH

When London's mass transportation system became the victim of a terrorist attack, the entire world took notice – and then took actions to prevent a similar attack from happening again. In Connecticut, that action has been labeled "Operation Nutmeg Sentry."

Beginning on July 8, approximately 60 Soldiers and Airmen from all over the state were called on to provide additional security at bus, train and ferry terminals throughout Connecticut. The main goal of Nutmeg Sentry is to augment existing security forces and provide a highly visible presence at each designated location, in an attempt to make commuters and other travelers feel more secure about using public transportation systems.

"People see us around here and they feel a lot more comfortable and safe," said Spc. John Mcaulay, 134th Military Police team leader. "We're supplementing the state police, adding to their numbers."

"Today we're in Hartford," said Spc. Marvin Jones, 143rd Military Police gunner, "but I don't know where I'm going to be tomorrow."

Security teams are set up wherever busses or trains run, said Mcaulay. The largest concentration being along the shore line and Metro North commuter rails. The teams work in 10 to 12 hour shifts, occasionally



Spc. John Mcaulay, 134th Military Police, keeps a watchful eye for passengers as they arrive by train and bus at Union Station, Hartford. Mcaulay is part of Operation Nutmeg Sentry, a statewide effort to augment existing security forces and provide a visible security presence at rail, bus and ferry terminals throughout the state. The recent terrorist activity in London has increased the mass transit alert levels in the United States, prompting Gov. M. Jodi Rell to call on National Guard Soldiers and Airmen provide the required extra security. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

changing locations as needed. The response from citizens has been consistent at each location.

"Ninety-nine percent of the response we've gotten has been positive," said Mcaulay. "We're here because the threat

level rose in the United States and people understand and appreciate what we're here to do."

Operation Nutmeg Sentry has no current date of suspense, and will run until the state's security alert level returns to normal.

Officials: Troop withdrawals could begin next year

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

BAGHDAD, Iraq (AFP) — A "fairly substantial" withdrawal of U.S. forces from Iraq could take place next spring or summer if the insurgency does not grow and the country's political process continues as scheduled, the commander of coalition forces said here July 27.

U.S. Army Gen. George Casey, head of Multinational Force Iraq, spoke during a surprise visit to Iraq by Defense Secretary Donald H. Rumsfeld.

At a later joint news conference with Secretary Rumsfeld, Iraqi Prime Minister Ibrahim Jaafari said the departure of U.S. forces from his country depends on how soon Iraq can train, equip and field its own soldiers and police to take over security duties.

"We do not want to be surprised," Jaafari said in the event U.S. troops leave before the Iraqis are prepared to assume security.

Casey said the insurgency in Iraq has not substantially increased within the past year.

"The insurgents need to progress to survive, and this insurgency is not progressing," Casey said.

Instead of gaining strength, insurgents in Iraq have changed tactics, he said, to use "more violent, more visible" attacks on softer civilian targets. This is "a no-win strategy for the insurgents," Casey said.

Investing in future strength of National Guard

Taylor Bell (L) and Makiya King are all smiles as Army National Guard Spec. Matthew Hayes applies camouflage makeup Saturday at an Army National Guard display at Quassy Amusement Park in Middlebury, Conn. The youngsters, visiting from Hempstead, N.Y., were among many parkgoers who visited the display of Army vehicles and took part in contests and activities hosted by the National Guard unit. Hayes is from New Milford, Conn. (Used by permission. Quassy Amusement Park/Ron Gustafson)



New laws give added benefits, protections to state Guardsmen

See story, details, Page 3

Commander's Corner

End Strength... The Next Round

As Sept. 8 rapidly approaches, it appears the outcome of the BRAC commission's deliberations will favor the retention of the A-10 flying mission at the 103rd Fighter Wing.

If for a moment you accept this assessment, you might therefore conclude that after Sept. 8 the battle to retain the A-10 flying mission in Connecticut is won and over. Believe me when I say the battle is far from over!

A favorable BRAC outcome means Connecticut prevailed on issues relating to infrastructure and operating costs only. The harsh programmatic realities surrounding BRAC, making fewer federal dollars and fighter aircraft available over the next five years, still remains.

It is surviving the challenges of this environment and the programmatic change it drives that will require our constant vigilance.

Take end strength issues for instance. Much has been made recently of BRAC driven statements regarding promises of a "flying unit in every state." Let me go on the record as fully supporting the concept as it relates to our small state. That said... at what point will pulling flying units from multiple flying unit states manned near or at 100 percent and inserting them into states

with lesser end strength records prove programmatically too costly?

Since May 13, when the unit and its flying mission were directly threatened by BRAC, offers of help have poured in from both present and former unit members. Unfortunately the nature of the threat and tactics used to counter it precluded engaging large numbers of personnel in the process.

Not so for the next round. Dealing with the upcoming programmatic threats can and will require support from everyone if we are to prevail in our desire to keep a flying mission in Connecticut. If you are a member of the Connecticut Air National Guard and you want to help the unit survive the next challenge to our A-10 flying mission, you need to provide as many leads as possible to our recruiters. This seemingly simple task will make the difference in our ability to insulate ourselves from the upcoming programmatic attacks.

For the Air Guard... you offered to help... I accept...

For the Connecticut Army National Guard, the threat has never been BRAC. To the Department of the Army's credit, BRAC has always been about reducing excess infrastructure and cost in a collaborative environment.

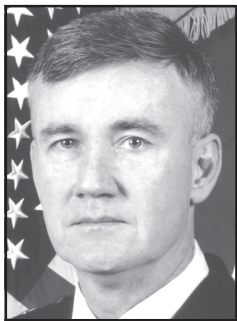
That said... the Department of the Army in

collaboration with the National Guard Bureau has already engaged states and u n i t s programmatically on the basis of historical and current end strength. Our ability to drive what our future Connecticut Army National Guard will look like correlates directly to the numbers we as a state can sustain. Unfortunately, our recruiting force can only do so much in today's environment.

We need the help of every CTNG Soldier if we are to create and maintain the force mix that best supports the needs of our state and nation. Although the stated goal is to provide significant Engineer, Military Police, Infantry and Aviation presence in each state, the numbers will be the ultimate tie breaker as the entire Army undergoes TRANSFORMATION.

A commitment by every Soldier to provide one qualified lead to a recruiter would impact significantly on our ability to achieve an ideal end state for our Army National Guard. We need your immediate help!

For the Army Guard... I'm asking for help... will you accept?



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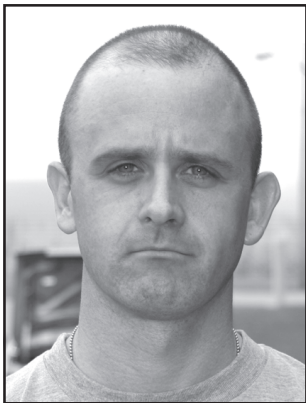
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Perspectives

With so many options for career advancement available in the National Guard, why did you choose OCS?



OC FRANCIS VOITY

"My main goal is to walk away at retirement saying I affected Soldiers in a positive way. I want to feel that I made the Connecticut Army National Guard a better place."



OC JOSEPH BROOKS

"I felt that I could affect the most change, do the most good, by pursuing a career as an officer in the Connecticut Army National Guard."



OC JESSE STANLEY

"I chose OCS over other routes because I want to lead Soldiers and continue to challenge myself throughout my military career."



OC SONJA KOGUT

"I want to be the one out there in the field making sure all of my Soldiers get taken care of. I think that good leadership is very important, and I want to be out there making the decisions that can save the lives of our Soldiers."

Governor signs new laws benefiting service members in Connecticut

STAFF SGT, STEVE MARKOWSKI
65TH PCH

Just days after calling 70 Connecticut National Guard members to State Active Duty to help secure mass transit terminals, Gov. M. Jodi Rell signed new legislation that will expand certain state benefits and protections for service members in Connecticut.

During a ceremony at the New Britain Armory, on Monday, July 11, Gov. Rell signed bills that provide:

- * Coverage by the state workers' compensation system for members of the National Guard who are called to active duty by the Governor in support of a state mission. This will provide activated National Guard personnel workers' compensation coverage currently available to all other state employees and end reliance on a separate system that had been operated by the Military Department. (PA 05-236)

- * Indemnification of members of the National Guard from personal liability for damages or injuries that may be caused when they are performing duties while called to active state duty. (PA 05-79)

- * In-state tuition at all state colleges and universities to any member of the U.S. armed forces - and his or her spouse - who is

stationed under military orders in Connecticut. (PA 05-110)

All three of the laws are currently in effect.

Gov. Rell was joined by several state legislators who were instrumental in developing and passing the legislation in the Connecticut General Assembly. Adjutant General Brig. Gen. Thad Martin and several other Guard members, to include Debbi Newton, National Guard Association of Connecticut President-Elect and Legislative Chair, and David Nastri, NGA Executive Board and Legislative Co-Chair, were invited by the Governor to take part in the bill-signing ceremony.

In paying tribute to service members who will be affected by the new laws, Gov. Rell said that providing these new benefits is the least that state officials can do for those who serve the state and the country.

"Whether they're active duty, National Guard or Reserve, these people continue to put their lives on the line every day. So, every step we take big or small is certainly appreciated not only by the members but by their families," said Gov. M. Jodi Rell. She also said that another important way to help service members is to thank them for the job they do.

During a press conference following the

signing ceremony, the governor took a moment to ask the state's top Guardsman if the National Guard is happy about the new laws.

"Yes, Ma'am, we're thrilled! Thank you very much!" Martin said, adding that approximately half of all Connecticut National Guard members have been called to active duty since Sept. 11, 2001.

One of the Soldiers present for the ceremony was Spc. Dave Nastri, of Headquarters, Headquarters Company, 1st Battalion, 102nd Infantry. His initiative led to the State Legislature pursuing the law that allows the state's workers' compensation system to apply to Guard members on State Active Duty.

While discussing the possibility of being called to State Active Duty, Nastri was told that Guard members injured while on that status would have to pay their medical costs up front and then wait for reimbursement. He then found out that some have been forced to wait 12 - 18 months for the state government to reimburse them for those medical expenses.

"I could not believe that there was not some good mechanism to take care of the Soldier," Nastri said. "Bills do get paid, but not in an efficient manner."



Gov. M. Jodi Rell is all smiles as she signs one of three bills benefiting servicemembers in Connecticut. The bill signing ceremony was held at the New Britain Armory. (Photo by Spc. Jordan Werme, 65th PCH)

After performing some legislative reconnaissance and intelligence gathering on existing state legislation, Nastri contacted his neighbor State Rep. Al Adinolfi, and the effort was underway. During the legislative process, Nastri testified before the General Assembly urging lawmakers to support the measure, which passed with bipartisan support.

At the ceremony, Gov. Rell also noted that a series of steps she had proposed to show our special obligation to those serving in Iraq and Afghanistan were also approved by the General Assembly.

The package includes:

- * Exempting half of veterans' military pensions from the state income tax effective in 2008

- * Dramatically increasing the "death benefit" for Connecticut residents activated to serve in conflict. Families with young children, for instance, would receive \$100,000, plus \$50 a month per child, until the children reach the age of 18.

- * Providing bonuses of \$50 a month to activated National Guard troops serving in Southwest Asia

"These benefits show our appreciation for those who serve and our respect for those who have made the ultimate sacrifice for our nation. With the current conflicts we face, we understand more clearly just how much our nation depends on our servicemen and servicewomen and the sacrifices they and their families are called upon to make," Gov. Rell said.

(See the September issue of the Guardian for a full run-down of all military legislation passed during the 2005 CGA session.)



Gov. M. Jodi Rell is surrounded by members of the state legislature, National Guardmen and National Guard Association of Connecticut Legislative Committee members as she signs three bills expanding education benefits for active duty servicemembers in Connecticut and providing Worker's Compensation and indemnification for Guardsmen while on duty. (Photo by Spc. Jordan Werme, 65th PCH)

Leaders address Air Force in BRAC process

ARMY SGT. 1ST CLASS DOUG SAMPLE
AMERICAN FORCES PRESS SERVICE

Defense Department leaders told the Base Realignment and Closure Commission July 18 why certain military facilities are not included in Defense Secretary Donald Rumsfeld's May 13 recommendations.

Commissioners were here to continue their deliberations after visiting military bases nationwide in recent weeks being considered for closure or realignment.

Michael Wynne, deputy undersecretary of defense for acquisition, technology and logistics, provided details on several bases in question.

The Navy examined alternatives for an east coast master jet base. Moody Air Force Base, Ga., appeared as a "feasible alternative," Wynne said. But the base had a number of factors that made it less desirable, including "significant one-time military construction costs," he said. The Navy decided to retain Naval Air Station Oceana, Va., because it was the "most suitable option."

Wynne said the department considered building a new 21st century master jet base, but such action would occur "outside the

BRAC window and BRAC time frame."

"Moody is a World War II vintage air base.

About a half-billion dollars in military construction would be required there," said Vice Chief of Naval Operations Adm. Robert F. Willard.

"Sharing Moody with the Air Force with the inability to bring the entire wing from Oceana there is not a cost effective alternative," he said.

In addition, the admiral said Oceana provides a significant advantage because it is close to the naval fleet berthed in nearby Norfolk, Va.

"We felt strongly that any alternative would have to continue to serve the fleet from a military-value standpoint effectively," he said.

Gen. T. Michael Moseley, recently confirmed as the next Air Force chief of staff, said the Defense Department's decision to

retain Moody was a good decision. He said

Moody, near the U.S. Army Infantry Center at Fort Benning, Ga., will allow battlefield and expeditionary combat Airmen to partner with land component forces better, and "to maximize w a r f i g h t i n g capabilities and jointness."

Wynne told commissioners that "jointness was a key goal" to many of Secretary Rumsfeld's

recommendations on which bases to close or realign. For example, he said Pope AFB, N.C., was realigned rather than closed so the Army could relocate Forces Command headquarters there from Fort McPherson, Ga.

He said the base will allow for joint training opportunities between Airmen and Soldiers and provide airlift for troops stationed at adjacent Fort Bragg, N.C.

Meanwhile, Wynne said Grand Forks AFB,

N.D., another base the department wants to keep open, was realigned rather than closed to ensure continued strategic presence in the north-central United States and to support the department's emerging unmanned aerial vehicle mission.

Wynne told commissioners the secretary's recommendations will make the department "stronger, more capable and more effective."

He said department leaders will ensure final recommendations are "fair, and consistent with the selection criterion and force structure plan and will in fact increase the efficiency and effectiveness of our military infrastructure."

Rumsfeld recommended closing 33 major bases and realigning 29 other major bases out of a total of 318 bases. The nine-person commission panel must send its recommendations on closures and realignments to the president by Sept. 8.

The president will have until Sept. 23 to accept or reject the recommendations in their entirety. If accepted, Congress will have 45 legislative days to reject the recommendations in their entirety or they become binding on the department.

Panel adds bases for closure, realignment consideration

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

The 2005 Base Realignment and Closure Commission voted to add several military installations, including Pope Air Force Base, N.C., to a list for closure or realignment considerations during July 19 hearings in Washington.

The previous day, senior Defense Department officials provided testimony before the commission regarding the merits of keeping open various military organizations.

At the start of the July 19 hearing, BRAC Commission chairman Anthony Principi said commissioners might tab more installations for consideration for closure or realignment.

However, "we are not here today to produce a final list of closures and realignments," Principi said, noting commissioners would not submit a complete list of bases affected by this round of BRAC until late August.

Bases commissioners added to the list during the July 19 hearing for consideration to close or realign include:

- Pope AFB.
- Galena Airport Forward Operating Location, Alaska.
- Air Force Institute of Technology at Wright-Patterson AFB, Ohio
- Air Force Medical Command at Bolling AFB, D.C.
- Defense Finance and Accounting Service facilities at Buckley Annex, Colo.; Columbus, Ohio; and Indianapolis.
- Naval Postgraduate School and Defense Language Institute in Monterey, Calif.
- Naval Air Station Brunswick, Maine.
- Navy Broadway Complex, San Diego.
- Naval Master Jet Base at NAS Oceana, Va.
- Bureau of Navy Medicine at Potomac Annex, Washington, D.C.
- Tricare Management Activity, Office of

the Surgeons General Military Departments, and the Office of the Secretary of Defense for Health Affairs, all in Virginia.

During the hearing, commissioners also voted not to place several installations on the list for possible closure or realignment. For example, commissioners voted to exclude Moody AFB, Ga., the Marine Corps Recruit Depot in San Diego, and the Naval Shipyard in Pearl Harbor, Hawaii, from consideration for closure or realignment under the 2005 BRAC Act.

All bases identified for possible realignment or closure will be reviewed before a final commission vote on all BRAC-identified installations is taken in late August.

On May 13, Defense Secretary Donald H. Rumsfeld submitted his BRAC recommendations that 33 military installations be closed and 29 realigned out of a total of 318 bases. The additional bases identified by the commission for

consideration for closure or realignment will be added to the secretary's list, Principi said.

The commission's additions were not made to second-guess Rumsfeld's picks, Principi emphasized, but instead demonstrate the commission's efforts to take a broader view of what other bases may be closed or realigned.

"Our deliberations today may add more bases for further consideration, and consideration only, not because we have determined that we need to realign or close more bases than the secretary of defense has recommended, but because we want to make sure the best possible closure or realignment choices are made consistent with the criteria established in law," Principi said.

On April 1, President Bush appointed the independent BRAC Commission. Commissioners are obligated to "consider all options" for base closures or realignments, Principi said.

Under the 2005 BRAC Act, the principle criteria for keeping bases open, or closing or realigning them, is military value.

The nine-person BRAC Commission panel is obligated to send its recommendations to the president by Sept. 8.

The president has until Sept. 23 to accept all recommendations or reject all of them. Congress will have 45 days to accept the president's recommendations or reject them in their entirety. The Defense Department will be obligated to act on all congressionally approved recommendations.

BRAC Timeline

- Connecticut officials testify before the BRAC Commission in Boston, July 6, 2005, in an effort to save Bradley and the Sub Base in Groton.
- The commission will forward its report on the recommendations to the president by Sept. 8, 2005.
- The president will have until Sept. 23, 2005, to accept or reject the recommendations in their entirety.
- If accepted, Congress will have 45 legislative days to reject the recommendations in their entirety or they become binding on the department.

Connecticut's heavy hitters take a swing at BRAC

MAJ. GEORGE H. WORRALL III
103RD FIGHTER WING PUBLIC AFFAIRS OFFICER

Connecticut's Congressional Delegation converged on Boston July 6 to explain why Bradley Air National Guard Base and the Submarine base in New London should not face closure or realignment.

In a show of solidarity, as senate members Christopher Dodd (D), Joseph Lieberman (D) and house member Robert Simmons (R-2) testified with Governor M. Jodi Rell and her strike force, House Members John Larson (D-1) Rosa DeLauro and (D-3) Christopher Shays (R-4) sat directly behind them along with Attorney General Richard Blumenthal and seemingly every commissioner that was not testifying.

With Connecticut's senior elected officials, Connecticut's adjutant general presented new facts to the BRAC commission about the military value of Bradley Air National Guard Base.

"My testimony is provided to show Bradley Air National Guard Base's true military value is higher than currently portrayed in the DoD BRAC recommendation," said Brig. Gen. Thad Martin, adjutant general of the Connecticut National Guard, as he began a presentation

focused on what was not counted in Bradley's military value.

Two errors were the focus: one related to the amount of aircraft parking ramp available at Bradley International Airport and the second to the number of C-17 transport aircraft which could park at the airport.

"At over 99 thousand square yards the (Bradley Air National Guard Base) ramp can accommodate 36 A-10s, two full squadrons," said Martin. "This comprises one quarter of the complete ramp and apron space available for our use."

After illustrating the additional ramp space with charts and photographs, the general explained the second point with more graphics and then tied the two points together to show how the omissions impacted the base's military value score, resulting in the recommended realignment.

"Among all 154 rated Air Force installations Bradley (with the correction) now rates 66th," said Martin. "Among Guard A-10 units, we move to second in military value. If the Air Force and DoD had used correct data for Bradley, and ranked us accordingly, the Military Value-

based recommendation would have been different."

At issue is the May 13 DoD recommendation to remove the A-10s now based at Bradley and leave the unit without permanently assigned aircraft and many of the guard members associated with flying and maintaining the aircraft.

Martin had a strike force of his own working the Bradley problem made up of retirees, National Guard Association of Connecticut members and some technical advisors from the 103rd Fighter Wing.

"We discovered that the entire joint use space was not counted," said Lt. Col. Bryan J. Currier, deputy commander 103rd Mission Support Group. "When the BRAC analyst visited in June 6, we explained that we suspected entry errors on ramp space and the ability to park large aircraft. Once we verified those errors after the official data release, our suspicions proved correct."

So what was the result of all the research, and ultimately the testimony made by the adjutant general?

"We submitted the true validated data through the appropriate channels to the BRAC commission," said Currier.

As the BRAC process continues and the commission's analysts pour through the standing and corrected data, other strategies for the Air National Guard are emerging.

BRAC Commission Chairman Anthony Principi asked the nation's Adjutant Generals July 18 to work with their governors and the Air Force to come "to a solution that best serves the interests of our national security and our country," as it pertains to the Air Force and Air National Guard.

A letter from the Adjutants General Association of the United States (AGAUS) sent July 25 offers the organizations assistance to remove "programmatic" portions from the DoD BRAC recommendation so the commission can "set aside" those parts. In this way, the states and the Air Force can deal with the restructuring issues outside of BRAC.

The AGAUS letter states a "way ahead" that calls for "an Air National Guard flying unit in every state," something Connecticut stands to lose in the DOD proposal.

On the legal front, Connecticut took the lead in raising questions as to whether the DoD crossed into legal hot water by not seeking the Governor's consent to realign Bradley and bases nationwide.

In September the BRAC Commission must make a recommendation to the President. Only then can Connecticut be certain what the commission found persuasive in testimony across the nation and the volumes of data and letters received.

The complete July 6 transcript is available at the BRAC commission website http://www.brac.gov/docs/UncertifiedTranscript_6JulyBoston.pdf

Current information about the National Guard perspective on the BRAC recommendations is on the National Guard Association website www.ngaus.org, which is accessible to both members and non-members.

Purpose

- To show that Bradley's true Military Value is higher than depicted in the current BRAC recommendation
- Propose a better plan
 - Data Entry Errors
 - ANG A-10 basing proposal
 - BRAC Process Shortfalls

Websites of interest

www.brac.gov
www.defenselink.mil
www.ngact.com
 (Click on 103rd FW/BRAC link)



248th Engineer Company sends 16 Soldiers to U.S. Virgin Islands to provide humanitarian construction expertise

Sgt. 1st Class GEORGE A. MARCO
USVI DETACHMENT COMMANDER
CTARNG

"Good Morning, mon. Welcome to St. Thomas!"

Those words have triggered a remarkable journey of quality MOS training, high tempo troop leading and an opportunity to explore a unique and exotic island culture. It is a wonderful testament to the talents and skills of the Soldier as well as the agility of the Connecticut Army National Guard to seize this opportunity and "make it happen."

In the middle of the first week in July, I received a phone call from Staff Sgt. Burch, unit supply NCO, 248th ENGR Co. CBTHVY.

Burch's opening statement was, "I have a deal for you." After 21 years in the National Guard, I brace myself when someone offers me a "deal."

Burch explained that the 248th had been requested to send a complement of 12-20 Soldiers to the U.S. Virgin Islands to provide assistance in humanitarian construction, and asked if I was interested.

Allowing two to three seconds to recover from my disbelief I gave a resounding "YES!"

The next question was "When?" with the answer, "in two weeks." Burch grabbed the reins by calling members with MOS 21B Carpenter / Mason to see who was available.

The 192nd's S3 shop under Maj. Victor Johnston must have been a whirlwind of activity, for they were able produce orders for a two-person recon for 7-8-9 July, and get the orders generated for 16 Soldiers for a 17-31 JUL deployment.

The emails and the phone lines were flying fast and furious, but through the efforts of the 192nd and the 248th active duty staff, all

16 members of the CTARNG arrived at 0545 17 JUL 05 for flight 1141 to St. Thomas, U.S.V.I.

The flight was uneventful, a brief layover in San Juan, Puerto Rico and eight Soldiers departed at 1122 hrs. to arrive at St. Thomas at 1200 hrs. The remaining eight Soldiers departed San Juan at 1510, arriving on St. Thomas at 1547.

We were greeted by Master Sgt. Hallis Benjamin, unit administrator for the 786th Quartermaster Bn, and our key contact for the V.I. National Guard. Sgt. 1st Class Robert Richardson, acting first sergeant for the 631st Engr Detachment, arrived with a vehicle for luggage and personnel, and we proceeded to our billets at the University of the Virgin Islands, St. Thomas.

Our first view of the campus was a delight, with winding streets and beautiful view of Brewers Bay and the airport.

We were pleasantly surprised with our rooms, as we all had individual dorm rooms divided between two eight-person buildings, so the troops had privacy and security for the duration of the deployment.

The Soldiers selected their rooms for themselves and their respective battle buddies and began moving in.

The first "chalk" now had three hours before the next group arrived, so Richardson was kind enough to assign Spc. Adam Meyers, 631st Engrs. to show us around the island, train us to drive on the left hand side of the road and tell us about the culture.

Meyers was very informed, had traveled on the U.S. mainland and really helped us feel welcome.

The second chalk arrived on time, and as they moved into their rooms we were informed that the final arrangements had been secured

with the Class 1 contract vendor and we should mount up and head to chow.

The words "contract vendor" failed to describe our final destination. After following a 5-ton VING delivery vehicle through the narrow, winding street high in the hills overlooking the harbor of Charlotte Amalie, we parked next to the 4-star Mafolie Hotel.

Our astonishment could not have been greater as we actually entered the hotel, and were led to the al fresco dining area with a spectacular view of Charlotte Amalie, the harbor, and the island beyond.

We were greeted warmly by owners Helga and Charles Fredricks, their daughter Natasha and her husband A.J. The owners were genuinely pleased to provide us our meals and thanked us for our service.

We were escorted to our tables by the maitre'd, Patrickson, and shown the unique menu developed for the National Guard detachments.

The food was outstanding, prepared by licensed chefs with the same care and presentation as any paying customers. We enjoyed the view, the ambience and the island hospitality, finally tore ourselves away and returned to the university.

The following day we met the 631st Engr detachment Soldiers, introduced ourselves and spent time mingling and getting to know one another. We performed our mission walkthrough, led by CW4 Alphonse Todman, 631st Commander. The Soldiers absorbed the scope of the mission, and working with their squad leaders developed the war game, team assignments and allocated the appropriate

personnel to the tasks at hand. We finished the day with an inventory of the tools for hand receipting, meeting the section sergeants for S-1 thru S-4 and preparing the rooms for construction.

Shipments of building material arrived throughout the week, and after inventory developed the day's workplan replacing ceiling panels and hardware, performing in-depth preparation of the rooms and re-fitting utilities and fixtures.

The major framing members arrived 22 JUL 2005, and the troops dug into the work with earnest and the close of the day revealed more than 60 linear feet of metal framing and two 12' x 12' rooms with drywall, compound and joint tape. Our efforts could not have been timelier, as an unannounced visit by Brig. Gen. Alois Charles at 0900 23 JUL 2005 enabled him to see the work ethic and quality the CTARNG Soldiers brought to his command. 24 JUL continued our efforts with a final tally of 180 linear feet of framing and an additional room of finished drywall.

The 248th is very skilled at having a good time as well as delivering quality work, and due to the excellent weather and coordination with the VING, the Soldiers were able to visit the beach at Brewer's bay, Megan's beach, and a host of the famous pubs and restaurants throughout the island.

Although we focus on mission accomplishment, developing our rich island tans and building lasting relationships with local personnel, we do miss our families and our lives at home. We appreciate the efforts of those in the battalion and state headquarters providing this amazing training opportunity, and look forward to returning with the knowledge we have received.



Getting down and dirty in Iraq

Maj. Craig Nowak of the Joint Area Support Group (143rd ASG, CTARNG) shows he is not afraid to get muddy while overseeing construction projects in Baghdad. (Photo courtesy Capt. Joseph McGowan, HQ Det., Joint Area Support Group - Central, Iraq)

Leaving her own children to make a difference in the lives of Iraqi children

MASTER SGT. CHRISTINE PELLETIER
HEADQUARTERS DETACHMENT
JOINT AREA SUPPORT GROUP

Last July, when I learned I would mobilize to Iraq, a lot of different thoughts ran through my mind. Leaving my children for a year or more, thoughts about things I would miss in my daily family life and going to war, scared me.

However, deep inside I felt more curiosity than actual fear about deploying. As the time drew near to leave, I knew what I had to do. I understood that my main mission was to defend freedom and to serve my country.

Yet, one private question kept popping up. "How was I going to make a difference in Iraq and to the Iraqi people?" My question of "how" would soon be answered.

Being mom to a little adopted girl from a war-torn country, and seeing first-hand war's devastation on a country and its people, my heart went out to the children of Iraq.

I wondered where we would be in Iraq and if we would be able to converse and play with the children. I also wondered how the children would respond to us. These were thoughts that constantly ran through my mind. "How can I help them?" remained fresh in my thoughts.

The day finally came, and after our long journey, we arrived in Iraq. I remember leaving Baghdad International Airport, driving down infamous Route Irish, and looking out the Rhino windows hoping to see the children. I really couldn't wait to see Baghdad's children of war.

My unit, the Joint Area Support Group, learned that there were many children of all ages here within the International Green Zone. As a unit we adopted two local schools.

Al-Salam (which means the peace) Boys secondary school, which has 430 students of 12 to 17 years, and Al-Qadisiy, (which also

means the peace) girls' primary school, with about 290 students of 6 to 12 years, became our two adopted schools.

After talking with the head masters of both the schools, we learned that the boys' school needed sporting goods. Anything and everything we could contribute from uniforms, to basketballs, to soccer balls and sport shoes, was in demand. For the girls' school, the basics were desired. The girls wanted to be able to sit in a class and write with a pencil or pen on a piece of paper. That simple act meant so much to them. Art supplies and items as simple as crayons were nonexistent in their school but were sorely needed.

We asked for donations from our family, friends, neighbors and employers back in Connecticut. The response was huge.

Before long we were receiving many boxes of all kinds, including such items as soccer balls, basketballs and t-shirts for the boys'

school, and everything from backpacks, to notebooks, to crayons and pencils for the girls' school. We had literally tons of supplies. We distributed those items to the children of the schools. You should have seen their faces light up when we came for visits. We made their day and they made ours.

The mystery of how I can help in Iraq has been solved. Along with other members of Joint Area Support Group and the coalition members of Operation Iraqi Freedom, I have been doing my part in defending freedom and serving my country. Beyond that, I have been part of the effort to make a positive difference in the lives of the children of Iraq through donations to Al-Salam and Al-Qadisiy Schools.

To the many people of Connecticut who contributed supplies to the children of Iraq, know that you, too, have made a difference here through your generous contributions.



Spec. Quinn Parker holds a baby during a program to distribute donated clothing. Capt. Charlie Jaworski looks on. (Photo courtesy Capt. Joseph J. McGowan Jr., Commander - Headquarters Detachment, Joint Area Support Group-Central (Provisional), US Mission-Baghdad)



Spec. Katie Sweeney stands with a group of Iraqi children. She was part of a detail supporting a humanitarian mission distributing clothes and toys to Iraqi children. (Photo courtesy Capt. Joseph J. McGowan Jr., Commander - Headquarters Detachment, Joint Area Support Group-Central (Provisional), US Mission-Baghdad)

G/126th Trains for war at Fort Dix

Sgt. 1st Class BARBARA PEPIN
SSA PLATOON SERGEANT
Co G126th AVN

Co. G 126th AVN is at their Mobilization site, Ft. Dix NJ. It is a 65 person detachment consisting of personnel from Connecticut, Maine and Puerto Rico. The unit is commanded by Maj. Timothy Seery and 1st Sgt. Mark O'Donnell.

It is made up of men and women, officer and enlisted. The unit contains aircraft mechanics, vehicle mechanics, supply personnel, engine, hydraulic, and prop and rotor mechanics. The unit also has technical inspectors, production control personnel, test pilots, and a safety officer. Their ages span from 18-years-old to over 55. There is a Vietnam veteran going with them. The primary mission is to provide maintenance support to blawhawk helicopters in support of OIF.

The Soldiers of Co G126th AVN are undergoing training at Ft. Dix to prepare them for their future deployment. They have been attending classes in first aid and NBC. They have sat through briefings covering every topic imaginable. They will also be enduring a 20 day-plus stay in a simulated FOB (forward operating base). It is designed to give the Soldiers the realistic feeling of what life overseas will be like for them.

Soldiers have attended the combat life savers course. These new or recertified life savers have a requirement now of having to give three IVs each before deploying to certify them for overseas operations. This is accomplished by seeking out volunteers in the unit (fellow Soldiers) to let them 'stick them' for practice.

The unit still needs to qualify with weapons, receive small pox vaccinations, and train up on vehicles it will be using overseas. The time at Ft. Dix is allowing members of the unit to get to know each other. It is the first time the three states have met. New friendships are forming quickly. Many Soldiers will come back from this deployment with a better appreciation of different cultures. Everyone will be better at both Spanish and English.

Above everything else Company G 126th Aviation looks forward to performing its mission and providing the needed support of aircraft maintenance. Members will all miss their families and friends, but each and every Soldier understands how critical to the mission their unit has.

Without the love and support of all their families and friends in Connecticut, Maine and Puerto Rico, the unit members would not be able to perform as well. It's the team back home that provides the Soldiers with their inner strength.



Sgt. David Chase and Pfc. Everett Clark of Co. G, 126th Avn. Regiment undergo "Combatives PT" training at Fort Dix in preparation for overseas deployment. (Photo courtesy Sgt. 1st Class Barbara Pepin, G/126th Avn.)



Sgt. Audra Porteous and Staff Sgt. Geanabelle Bermudez "duke it out" during "Combatives PT" training at Fort Dix. (Photo courtesy Sgt. 1st Class Barbara Pepin, G/126th Avn.)

CONNECTICUT NATIONAL GUARD APPRECIATION DAY AT NORWICH NAVIGATORS



Spc. Andrew John, 248th Engineer Co., is greeted by Norwich Navigators catcher, Chris Curry (15), after throwing out the ceremonial first pitch before the game July 9th. John was selected to represent his unit, located just down the road from Dodd Stadium, which returned from Iraq in 2004. (Photo by Spc. Jordan E. Werme, 65th Press Camp)



Players from the Norwich Navigators honored members of the Connecticut National Guard during a special Appreciation Day at the stadium. (Photo by Spc. Jordan Werme, 65th Press Camp)



Spc. Andrew John, 248th Engineer Co., prepares to throw out the ceremonial first pitch before the Norwich Navigators game July 9th. John was selected to represent his unit, located just down the road from Dodd Stadium, which returned from Iraq in 2004. (Photo by Spc. Jordan E. Werme, 65th Press Camp)



The CTARNG Color Guard presents the United States and Connecticut flags during pre-game ceremonies July 9th at Dodd Stadium in Norwich. The Norwich Navigators, the AA affiliate of the San Francisco Giants, hosted their 2nd annual National Guard Appreciation Day with events held prior to the game vs. the New York Mets AA team, the Binghamton Mets. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

Remembering the Floods of '55

STORIES COMPILED BY SGT. 1ST CLASS DEBBI NEWTON
STATE PANCO

In the summer of 1955, devastating floods ravaged 67 of Connecticut's 169 towns killing 91 people, leaving 12 others missing and presumed dead, 86,000 people unemployed, more than 1,100 families homeless, another 2,300 temporarily without shelter and leaving nearly a half a billion dollars in damage in their wake.

Hurricane Connie poured four to six inches of rain on Connecticut on Aug. 13, and five days later, Hurricane Diane drenched the state with an additional 14 inches of rain in a thirty-six hour stretch.

The floods ripped through Connecticut on Aug. 19, causing the most destruction and loss of life along the Mad and Still Rivers in Winsted, the Naugatuck, the Farmington and the Quinebaug in the Putnam-Killingly area.

The Connecticut National Guard was called out by Gov. Abraham Ribicoff to assist in rescues, clean-up and prevention of looting.

These are the stories of some of those Guardsmen.

Lt. Col. (Ret.) Bob Daly

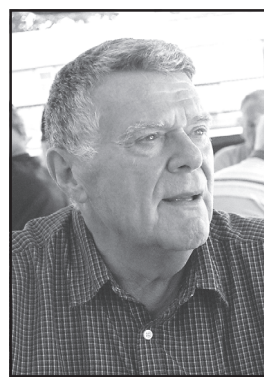
Daly was a cook with Battery B, 2nd Bn., 192nd Field Artillery in Greenwich and was vacationing in Saratoga, N.Y. when the hurricanes hit.

When he returned home, he found his unit was looking for him, he had been activated.

"The battalion was sent to Waterbury and

then I was detached to Winsted," said Daly.

As a cook, he worked in the mess tent along with Civil Defense and Salvation Army personnel. He was responsible for the rations which were kept in the basement of a school on a hill. After duty hours he was able to



walk around and could not believe the utter destruction that had occurred in less than a week.

"The Mad River and rushed down Main Street and dug it out about five to six feet deep," said Daly. "There were cars

down inside there. A small helicopter came in for a landing and tipped over on the unstable ground."

To this day, he says he is amazed at the destruction he saw.

"You could not believe the utter devastation which water can cause," he said. "The two things that human beings need most for survival - water and fire - are the most deadly."

Col. (Ret.) Larry Trian

Trian was a member of the Air National Guard's Air Services Group when he was called out for flood duty. He was on active

duty for a week and helped run a radio station. He also flew with the Navy delivering diapers and other supplies to the Avon Mountain area.

Spc. 4 Mike Raduazzo

Then Spc. 4 Raduazzo was a member of Service

Battery, 192nd Field Artillery and was only 16-years-old and still in high school when he got called up, first to the Stamford Army and then on to

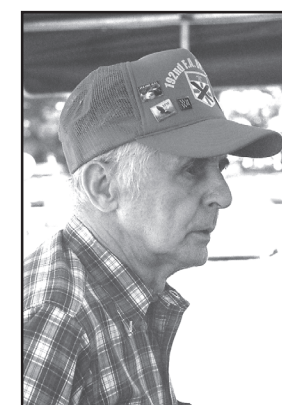
New Haven. From there he went to Waterbury.

"I was there almost two weeks," said Raduazzo. "I pulled guard duty. It was like a war disaster there. I remember caskets floating down the street in the water, holes in buildings the size of trucks, railroad cars on their sides and cars floating down the street."

Sgt. Maj. (Ret.) Stan Sandlock

Sandlock was with Battery B, 2nd Bn.,

192nd Field Artillery when he was activated. He went first to New Haven where he remembers sleeping on the floor,



then to Stratford and on to Winsted.

"I saw bodies floating in the water, caskets floating by, a small military chopper go down," said the supply

sergeant. He was responsible for the battery's supply chain and water supply. He remembers one day seeing a lot of bananas being dumped on the lawn of the school.

"The first night I was in Stamford, I was on the second truck out to assist the police department," said Sandlock. "We went down to Washington Ave. to rescue people. There was a fireman with an injured back on a canvas cot and we backed up to the house to help get him out. I remember a young girl holding her brother to a stop sign to keep from being swept away by the waters. The water was so deep you could see the headlights on cars under the water."



This photo shows some of the devastation left behind by the floods that followed Hurricanes Connie and Diane in August 1955. National Guard units from throughout Connecticut were called out to assist in the aftermath of the raging waters. Then President Dwight Eisenhower declared Connecticut a federal disaster area, not once, but twice when heavy rains added insult to injury in October. Lt. Col. (Ret.) Bob Daly says he couldn't believe the utter devastation that water could cause. (Photo courtesy Lt. Col. (Ret.) Bob Daly)

Flood of '55: A child's memories

CHIEF MASTER SGT. TONY PALLADINO
JFHQ, CTANG

I was age 9 when the Flood of 1955 hit Waterbury. We had heard from neighbors that the Naugatuck River overflowed its banks, so my dad and I drove from our house down Piedmont Street to South Main Street near Shakers Lincoln-Mercury car dealership.

What we saw was an unforgettable sight. The river completely covered buildings as far as we could see, with all sorts of debris floating by, to include houses and railroad box cars.

Across the river from us was the crumbling Waterbury Petroleum Products building. We could see that there was a woman on the roof top standing on the building's big sign waiting to be rescued. As more time went by, the river continued to rise while the building and sign she was clinging to crumbled around her.

Just when we feared the worst, a helicopter arrived on the scene and was able to pluck her from the rooftop and save her life. Shortly thereafter, the entire building fell into the river. People told us that the helicopter was from Sikorsky in Stratford, but that may not have been the case. The pilot(s) deserve to be recognized for their heroism in saving that woman's life.

Images of Devastation

The Floods of '55 destroyed many towns and cities as seen in these images of Waterbury and Winsted. Lt. Col. (Ret.) Bob Daly, shown in the lower left photo, was a cook with Battery B, 2nd Bn., 192nd Field Artillery when he was called out for duty after the floods. The photo on the bottom right is of a helicopter that came in for a landing and fell over because of the instability of the flood ravaged ground. All photos are courtesy of Lt. Col. (Ret.) Bob Daly.





OC JESSE STANLEY
65th PCH

143d MPs host German officer during AT

Promoting excellent relations between foreign militaries for years the German / American Reserve Officer Exchange Program has led one of its participants to Connecticut this year in their 21st year of operation.

For two weeks in June, Capt. Dieter Wurche, 451st MP Battalion, Nuremburg, Germany, visited the United States while participating in the program. This year 20 reserve officers from Germany came to the United States to learn how some of our units train. During his stay here Wurche visited with the 143rd MP Co. and observed their annual training.

"I witnessed some great training," Wurche said. "Especially since the roles of the German Army Military Police are not the same. German MPs are not combat support, they are more law enforcement. The United States' MPs do convoy security and MOUT (Military Operations on Urban Terrain) operations on top of law enforcement. The German MPs will perform those roles in the future though."

After having spent 10 years in the active German army Wurche had interacted with the active component stationed there a great deal and had little interaction with the U.S.

Reserve forces. Wurche took home with him a greater understanding of the National Guard.

"I really learned a lot about the National Guard during my stay here," Wurche said. "The German reserve system is totally different. Everyone who leaves active service goes to the reserves; the only way into the reserves is to have been active. There are no real financial benefits or retirement benefits."

German reservists cannot be sent to a non-NATO country against their will, however.

"German reservists who deploy to non-NATO countries are doing so voluntarily," Wurche said.

He has been in the German reserves for 13 years.

"The National Guard is a good thing due to the civilian background everyone has," Wurche said.

"I am also taking back experience on how to organize MOUT and convoy training," he added.

His favorite part of his experience was firing the weaponry the 143rd MPs use and participating as OPFOR (opposing forces) during the MOUT training.

In September, 20 American reserve officers will head to Germany to participate in the program.



Field Artillery Association holds annual reunion

The 192nd Field Artillery Regiment held its 59th Annual Reunion in Danbury last month. During the reunion, members elect officers, reminisce about the past, play cards and eat lots of great food.

The organization originally began as World War II veterans of the 192nd getting together, but eventually expanded to include 192nd veterans of subsequent wars up to and including the Global War on Terrorism.

Members of all units that fall under the 192nd Chemical Battalion banner are eligible for membership in the 192nd FA Regiment Association.

Two highlights of this year's reunion were talk of the Floods of '55 from many that were called to duty during that time, and discussion of the Veterans of Underage Military Service (VUMA) group, to which several 192nd FA Association members. Membership criteria for the VUMA is simple: a person must have joined the military before they reached the legal enlistment age.

(Photos by Sgt. 1st Class Debbi Newton, State PA NCO)



Connecticut Military Department News

Foot Guard escorts Gov. Rell as 'Woman of Merit'

SGT. MARK BOUDREAU
1ST COMPANY GOVERNOR'S FOOT GUARD

Members of the 1st Co. Governor's Foot Guard escorted Gov. M. Jodi Rell as she was presented the 2005 Woman of Merit Award by Connecticut Girl Scouts.

The award was presented to Gov. Rell on June 15 at the new

Connecticut Convention Center in Hartford. Members of the 1GFG provided escort duty for the governor, called the guests to dinner with trumpet fanfares, assisted with the presentation of the colors at beginning of the ceremonies and sounded taps at the end of the evening.



The 1st Co. Governor's Foot Guard color guard unit, led by Sgt. 1st Class Bill Leonard and including Girl Scout Sarah Martell of Manchester, carrying the Girl Scout flag, opened the ceremonies during the 2005 Woman of Merit Award evening. (Photo courtesy Sgt. Kevin Cormack, 1st Co. GFG)



Gov. Rell waits to be escorted into the ceremony by the Girl Scouts (clockwise from Governor Rell's left): Sarah Bigelow from Rocky Hill, Junior Scout Mikela Karas from Manchester, Brownie Scout Maddie Percival from West Hartford, Brownie Scout Ashleigh Albee from Manchester, Junior Scout Molly Kavanagh from Manchester and Tracy Lesinski from Newington. (Photo courtesy Sgt. Kevin Cormack, 1st Co. GFG)



Gertz receives Charleston Medal Award

CAPT. ALTON G. HUDSON,
2nd Co. GFG PUBLIC INFORMATION OFFICER

The 2nd Company GFG has recently announced that the prestigious, Charleston Medal was won by Sgt. Maj. Gustav Gertz. The Washington Light Infantry (WLI) of Charleston, S.C. first presented the Charleston Medal to the Command in 1883. The presentation took place during a visit to New Haven by the WLI, in the summer of 1883.

The medal is presented each year to the best-drilled soldier in the Company, the winner of an annual competition held in June and judged by representatives of the Adjutant General of the State of Connecticut.

This year Brig. Gen. Henry Siegling, Commandant of the WLI, presented Gertz the medal. It was an historic occasion, as there is no recollection in modern times of any representative of the

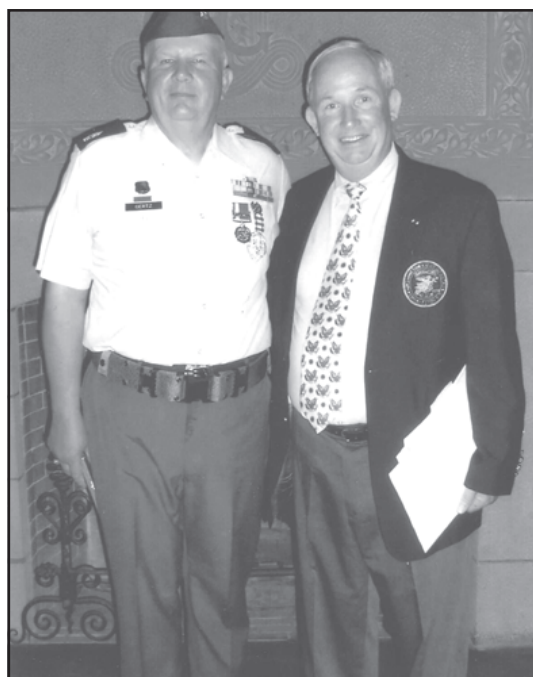
WLI having been present during an annual Charleston Medal Drill. Siegling is also commander of the Centennial Legion of Historic Military Commands.

Gertz has been a member of the GFG for four and a half years. He is a captain in the Hamden Police Department and has been a member of the police department for 42 years.

During his military service, he was a member of Company A of the 102nd Infantry Regiment for 13 years and for six years in the 103rd Chemical Company, 27 Infantry Brigade. He also served 3 years in the 192nd Engineer Battalion.

Connecticut Army National Guard in 2001 as a sergeant first class.

Gertz is a graduate of Hamden High School and resides in Killingworth with his wife, Ann.



Sgt. Maj. Gustav Gertz is presented the 2nd Company Governor's Foot Guard's Charleston Medal by Brig. Gen. Henry Siegling of Charleston, S.C. (Photo by M.L.E.)

Motivation outweighs stress for OCS C

Spc. JORDAN E. WERME
65th PCH

Officer Candidates from Connecticut, Massachusetts, Rhode Island, Vermont, New Hampshire, Maine, New York, New Jersey and Pennsylvania gathered at Camp Rell on July 16 to begin 15 days of training on the road to becoming commissioned officers in the United States Army.

During the 15-day period, Phase One of Class 51, the candidates underwent intense instruction and grueling physical and mental stresses. But for each candidate who enters Officer Candidate School, the motivation outweighs the stress.

"I've been expecting a high stress environment," said OC Francis T. Voity, operations NCO for Recruiting & Retention Command. "We'll have 12 things to do and five minutes to do them in. It's going to be a

gut check to make sure the people really want to be here."

Motivations, while equally strong and important, also vary from one Soldier to the next.

"I really decided this was what I wanted to do when my sister was deployed," said OC Sonja S. Kogut, NCO with Connecticut Medical Command. "I want to be the one out there in the field making sure all of my Soldiers get taken care of."

"My main goal is to walk away at retirement saying I affected Soldiers in a positive way," said Voity. "I want to feel that I made the Connecticut Army National Guard a better place. When you make your Soldiers happy, they'll bend over backwards for you."

Maintaining your level of motivation is the key to surviving the OCS program, said 2nd

Lt. Claude Hibbert, Co. C, 280th Signal Battalion, and July 30 graduate of OCS Class 50.

"Mental, as well as physical, stamina will be tested," said Hibbert. "These Soldiers must maintain their military bearing and enthusiasm even after being disciplined or feeling embarrassed. The TACs will expect candidates to execute flawlessly."

Of the Soldiers who will be assembled for Phase 1, more than 20 will be present as representatives of the Connecticut Army National Guard.

"No Connecticut Soldier has ever dropped out during Phase One of OCS," said Kogut.

If these future officers can stay motivated, this class could provide more than 20 trained and able leaders in 2006.



OC Morgan Fiszal gets weighed-in by Sgt. Jenny M. during Phase 1 OCS at Camp Rell. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

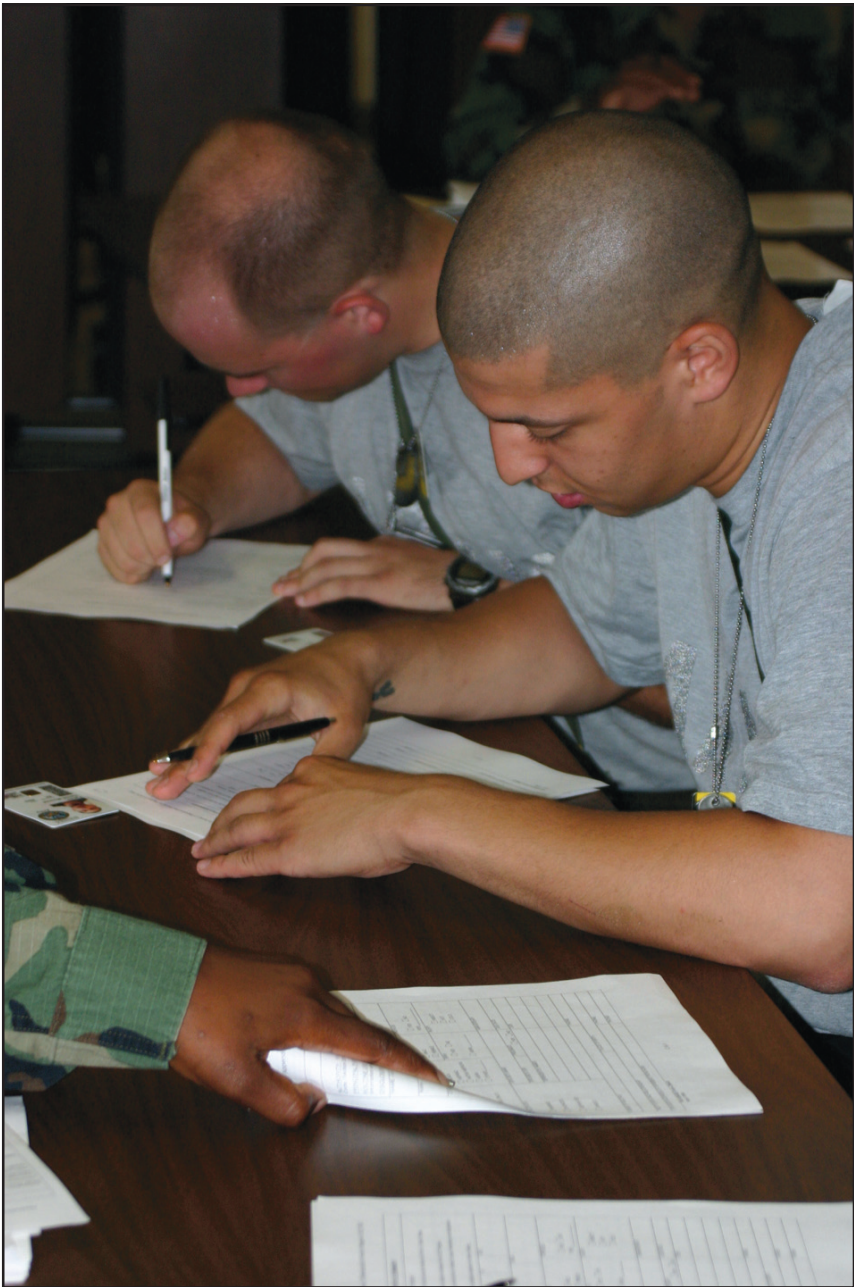


OC Francis Voity low crawls through the grass at Camp Rell during Phase 1, Officer Candidate School. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

Class 51 as candidates begin Phase 1



McCabe during
Werme, 65th



(Top left) Officer Candidates from Connecticut study one of their manuals in the shadow of "The Bell." The OCS Bell is rung by any candidate who decides to give up and quit the OCS program. The Bell has never been rung by a CTARNG Soldier during Phase One, said OC Sonja Kogut. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

(Top right) OC Daniel Fahmi and OC Joseph Brooks begin the paperwork process required to officially enter the OCS program. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

(Bottom left) Sgt. 1st Class Daniel Jewiss, TAC Officer, quizzes OC Julia M. Cooley on her general military knowledge while in formation. (Photo by Spc. Jordan E. Werme, 65th Press Camp)

Recruiting & Retention: Mission One

Becoming citizens while serving their country

Sgt. JEFFREY AUSTIN
208th PSD

The day finally arrived as four Soldiers walked through the chapel door citizens of other nations but walked out citizens of the United States. On July 20 Soldiers of the 208th Personnel Service Detachment (PSD) were sworn in as American citizens in a ceremony held the Post Chapel in Camp Arifjan, Kuwait.

For Sgt. Seifu Kassa, 208th PSD, Sgt. Richard O. Bamfo 208th PSD, Spc. Joseph A. Kokotiuk, 208th PSD and Spc. Fayola A. Dozithee, 208th PSD the long road to becoming American citizens was a difficult journey filled with both hope and frustration.

"It been one red tape after another said," Sgt. Seifu Kassa, 208th PSD, human resources specialist. "I've been in the United States for 17 years. The process started in 1996 when I was granted asylum and then I had to apply for my green card that I received in the spring of 2003. I was told to wait five years from the time I received my green card until I can become a citizen. But with the new law, it allows Soldiers serving in a wartime theater to become citizens more quickly."

The ceremony was headed by Maj. Gen. Paul E. Mock, 377th Theater Support

Command, commander and Karen Landsness from the United States Citizenship and Immigration Service. Landsness traveled from Moscow to attend this event.

"This is my first time to join a team from the Rome district office. Last year there were ceremonies like this in Afghanistan and Iraq. This is the first time a naturalization ceremony was held in Kuwait," said Landsness.

After the introduction of the official party, the singing of the National Anthem was performed by Sgt. Katie E. Pacza, Headquarters and Headquarters Company Area Support Group Kuwait. (HHCASG KU)

The ceremony was hosted by Juan J. Hinojosa, Cell Command (C-1), personnel. He began with brief remarks about the program of events. He introduced Mock who expressed his profound excitement at being part of the event. He also reminded everyone in the audience that all Americans have the freedom of religion, freedom of speech, the right to bear arms, and the all the rights guaranteed to all Americans.

"Our administration believes that facilitating the naturalization process for military servicemembers is a fitting gesture from a grateful nation," said Landsness.

"We in the US Citizenship and Immigration Service couldn't agree more and we are committed to bringing the privilege and honor of the United States citizenship to our men and women in the military as quickly as possible."

After these remarks by Landsness, excitement among everyone grew as all of the permanent residents were told to stand and raise their right hand and state the Oath of Allegiance. However, standing at attention along with 37 other foreign born nationals, the four Soldiers from the 208th PSD recited the oath, "I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty."

These are just some of the words expressed on this day with the oath ending with the words, "That I take this obligation freely, without any mental reservation or purpose of evasion; so help me God."

After the oath, each Soldier walked to the right of the stage in single file to wait for their name to be called so they could walk on stage to receive their Certificate of Naturalization from Landsness followed by a hand shake of congratulations from Mock.

The ceremony concluded with Dozithee leading the entire audience in stating the

Pledge of Allegiance.

Soon after, the ceremony, Kokotiuk smiled and thought about his newly acquired citizenship.

"The noncommissioned officers of the 208th PSD helped me get this. This is an early birthday present because now I can visit my family in Costa Rica," said Kokotiuk.

Kassa later expressed his deepest gratitude for all the help he and the others received from CW3 Daniel Bade 208th Personnel Service Detachment, executive officer,

"Bade really helped to speed the process," said Kassa.

"It is something special for a Soldier to get his citizenship in a combat zone. It really shows what that Soldier is willing to do for their country," said Bade reflecting back on many months of hard work on the road to four Soldiers of Connecticut's 208th PSD becoming U.S. citizens.



Sgt. Richard O. Bamfo, Spc. Fayola A. Dozithee, Sgt. Seifu Kassa, and Joseph Kokotiuk stand joyous with their Certificates of Citizenship at the Post Chapel in Camp Arifjan, Kuwait. (Photo courtesy Sgt. Jeffrey Austi, 208th PSD)

SAFE & SOUND

We protect the American way of life. We believe in national values like service, duty, and commitment. And when the nation called to us, we served with honor and dignity. Help us to guard our country and to serve in our neighborhoods nationwide. Learn leadership, discipline, and the career skills that matter to America's future. Now is the time to step forward. Join the proud ranks of the Army National Guard.

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Postcards Home



D Co., 189th Avn. Regiment parked one its aircraft under the crossed swords in Baghdad. (Photo from Co. B's Website)



Members of B Co, 189th Avn. Regiment work on one of their aircraft while deployed in Iraq. The unit left the United States on New Year's Eve to begin its deployment. (Photo from the B Company Website)



Sgt. 1st Class Luis DeJesus (left) and Sgt. Luis Coloncartagena (right) flank Gen. George Casey, Commander Multi-National Forces Iraq. 143rd ASG members provided support for 4th of July activities at the U.S. Embassy, Baghdad. (Photo courtesy Capt. Joseph McGowan, Jr., Joint Area Support Group)



Capt. Joe McGowan, HHC commander, administers the oath of re-enlistment to Sgt. 1st Class Brent Heidenis at the former Baath Party headquarters in Baghdad. The 143rd ASG has had 10 re-enlistments since the unit deployed in September. (Photo courtesy Capt. Joseph McGowan, 143rd ASG)



4th of July in Iraq



1st Lt. PATRICK MILLER
143rd ASG

Hello All,

Happy 4th of July! I figured it was time to write everybody. Everything remains the same here in Balad. The temperatures have seemed to plateau at about 110-115 degrees, and are too hot to get used to. From what I've heard it will get a little bit warmer as August approaches. It hasn't rained in a few months and this place is dustier than I've seen it. Dust storms have kept our helicopters on the ground for the past two days while visibility has dropped to about 1/2 to 1/4 mile. This happens anytime the wind becomes stronger than 15-20 knots for an extended period of time.

I had a recent flashback to the days when I lived in Alabama. This occurred last week when I walked out of my trailer to begin my morning journey to work when I realized that my only means of transportation, my bike, had been stolen. Yup, some pathetic individual stole my 21 speed (only about 10 gears worked). I was real frustrated because I had to walk everywhere for about a week. But I have a new set of wheels and am once again riding in style.

We have made it past the half way mark of our time in Iraq. Morale is good and almost half of my guys have enjoyed their two weeks of leave. Everybody is missing being home but all have managed to remain focused on our mission. We have not heard any more news about leaving Iraq. We are optimistic that in late November our replacements will be arriving and the handover will begin.

There are no fireworks or festivities to be enjoyed here on our base. I wouldn't have known it was the 4th unless my calendar told me so. But last night the demolition guys put on a display by blowing up some unexploded ordinance (IEDs that have been recovered or missiles that have been activated but not yet detonated). I guess this is the closest they could get to fireworks. The explosions were loud and shook my trailer like a tin can. The lights flickered and even managed to knock some things of my shelves. I would have preferred an elaborate display of colorful bottle rockets and some roman candles, but in a sick way it was better than nothing.

Military Matters



Emergency Data form changes, FEHB premiums extended

DOD changes emergency data form to prevent heartaches

JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

Two sad cases recently highlighted the need for servicemembers to designate who should receive their remains if they are killed in action.

DOD has changed the Record of Emergency Data Form — DD Form 93 — to require servicemembers to designate exactly who should be declared the “person authorized to direct disposition” of remains.

The change grew out of the cases of a Soldier and a Marine killed in Iraq earlier this year. In both cases, the men — both unmarried — had not designated a person authorized to direct disposition, and their parents were divorced.

“The tragedy of loss in the two cases was compounded for the surviving parents because neither one was granted sole custody of the servicemember when they were divorced,” said John M. Molino, the deputy undersecretary of defense for military community and family policy.

Molino made the statement in letters to California Rep. Sam Farr and Nevada Rep.

Shelley Berkley.

With no one specified as to whom should receive their remains, the services followed long-standing rules. In these cases, the older parent received the remains. In the Soldier’s case, burial was delayed for weeks until a court ruled on the situation. The Marine’s case is still pending.

Previously, servicemembers could volunteer information on persons authorized to direct disposition of remains. The change will make that information mandatory.

FEHB premiums extended for reservists, guardsmen

COURTESY AFPC NEWS SERVICE

Department of Defense civilian employees called to active duty supporting a contingency operation may continue their Federal Employees’ Health Benefits coverage, and have the agency pay their share of the premiums, for up to 24 months.

This applies only to reserve component civilian employees called or ordered to active duty supporting a contingency operation on or after Sept. 14, 2001.

The law extended coverage from 18 to 24 months, and provides that agency-paid

premiums start the date an employee is placed on leave without pay or separated from civil service to perform active duty. Previously, coverage and agency payment of premiums began the date the employee entered active duty.

“The benefits and entitlement service team has automatically extended from 18 to 24 months the coverage and agency-paid premiums for Air Force-serviced employees currently on active duty whose FEHB coverage has not yet been terminated and who meet ... eligibility requirements,” said Janet Thomas of the Air Force Personnel Center’s civilian benefits and entitlement service team here. “The beginning date was also adjusted.”

To be eligible for the 24 months coverage and agency-paid premiums, employees must meet the following requirements:

— Must be a civilian employee of the Department of Defense at the time called to perform active duty.

— Must be called to active duty on or after Sept. 14, 2001.

— Must be enrolled in FEHB and elect to continue the enrollment while on active duty.

— Must be a U.S. reservist or guardsman.

— Must be called or ordered to active duty (voluntarily or involuntarily) supporting a contingency operation as defined in 10 U.S.C. 101(a)(13).

— Must be placed on leave without pay or separated from federal civilian service to perform active duty.

— Must serve on active duty for a period of more than 30 consecutive days.

“Periods of time in a paid leave status during the 24-month period do not extend the 24-month period,” Thomas said. “FEHB premiums withheld during these periods of paid leave will not be reimbursable.”

Questions may be addressed to a BEST benefits counselor by calling (800) 616-3775. People can press ext. 2 for Air Force serviced civilian, then ext. 2 for BEST benefits and entitlements, and follow the prompts. Employees located in foreign areas can dial a toll-free direct-access number for the country they are in, then (800) 616-3775. Direct-access numbers are located online at www.business.att.com/bt/dial_guide.jsp.

For more information, people can go online to www.afpc.randolph.af.mil/dpc/best/docs/FEHB_24_Months.pdf.

Soldiers Magazine needs your help

GIL HODGES
EDITOR, SOLDIERS

Soldiers Magazine is planning several special projects, and we need your photographs to make these products as colorful and informative as possible.

In December we will publish our first calendar, so we are looking for good full-frame horizontal images that depict seasonal events, Army Values or compelling moments in Army life.

In January we will need photographs that identify Army installations and Army equipment, or photographs of news events that affected the entire Army this year.

In February we will run our annual feature, “This Is Our Army,” which contains candid photos of the Army family at work and play. There, we are looking for “human interest” photos that also carry an Army theme, including strong images of tough Army training, community activities, Army operations, and deployments and returns from missions in Iraq, Afghanistan, Africa, South America and other locations.

The photos you send must be taken between August 2004 and August 2005. For images to be considered for the calendar,

they must arrive at *Soldiers Magazine* no later than August 2005. Photographs for the Almanac and “This Is Our Army” can arrive by September 2005.

Each image must include a complete caption: The Who, What, Where and When of what appears in the photo, plus the photographer’s name, rank and unit, plus e-mail address or phone number in case we must contact you for further information. The captions can be imbedded in the digital photograph or included in a separate text document.

Digital images must be un-manipulated and very high resolution, a minimum of 4" x 6" at 300 dpi, and even higher for images that must be cropped. (Again, do not crop or manipulate the images yourself before sending to us.) A small number of JPG images can be sent by e-mail, but when sending many images or sending RAW or TIFF images, please send them by CD.

If you send conventional prints, be sure to package them so they will not be damaged in the mail. Do not write captions on the back of the prints, because this will affect the image. Also do not send negatives or prints

made from digital images.

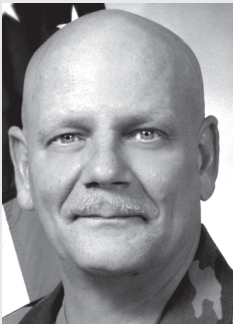
Send your CDs and photo packages to: *Soldiers Magazine*; 9325 Gunston Rd., Ste. S-108; Fort Belvoir, VA 22060-5581.

Your best guide for subject matter and composition is to study the images running in “This Is Our Army” in the 2005 *Soldiers Almanac* or the “Sharp Shooters” features appearing in most issues of *Soldiers Magazine*. For a full library of back issues, visit the *Soldiers Magazine* archives at www4.army.mil/soldiers/archive/pdfs.



This is one of 150 photos that appeared in the 2005 Soldiers Almanac. Soldiers Magazine is expanding its photo coverage in its three largest issue of the coming year, and needs your photos to make those issues the best possible.

For additional help, contact special products editor Don Wagner at (703) 806-4504 (DSN 656) or e-mail donald.wagner@belvoir.army.mil.



COMMAND SGT. MAJ.
RAYMOND P. ZASTAURY

Enlisted Update

Strength of Guard in its members

I make it a point to address the Connecticut Army National Guard's newest members each month during the Basic Training Orientation Course at Camp Rell.

I can honestly say that the future of our organization is very encouraging. Here are some of the comments made by our newest Soldiers when answering the question, "What do you like most about the CTARNG at this time?"

"That they are helping me to do something with my life." "The respect shown to everyone". "Discipline." "The benefits and the opportunity to serve fellow people and country." "Discipline, respect and knowledge." "Knowing that I am a part of it." "I love the discipline and unity of everything a Soldier is. I love the training and achievements one can accomplish from being a Soldier." "The honor to be serving the greatest Country of the world." "The possibility to do just about anything I want with the help and training of the Guard." "The opportunity to defend freedom and America."

These comments made by some of our newest members make me proud to be a member of the Connecticut National Guard. We cannot afford to let them forget these thoughts and all leaders must do everything possible to ensure these new Soldiers are well trained and mentored.

The strength of our Connecticut National Guard depends on the performance of our Soldiers and Airmen. Leaders have the opportunity to affect Soldiers and Airmen, one by one, empowering them to reach their goals and the unit goals.

Counseling is one-on-one communication with a subordinate that is intended to help that subordinate develop. Event-oriented counseling is caused by a specific situation or behavior.

You usually cannot foresee when you will need to have an event-oriented counseling session. On the other hand, performance and professional growth counseling sessions are regular and predictable parts of a subordinate's career development. So there are a variety of reasons that we conduct counseling sessions.

Different sessions may have different specific goals, but all counseling serves the same basic purpose – to develop great Soldiers and Airmen by encouraging positive behaviors or by discouraging specific negative behaviors. Counseling is important. Good counseling will lead to unit readiness and develop the future leadership of the Connecticut National Guard.

Good counseling can also fight attrition. When you spend one-on-one time with each of your Soldiers and Airmen, they'll feel like an important member of the team, and you'll be able to nip any potential

problems in the bud. Counseling is for the Soldier's and Airmen's benefit. It is a tool to help you empower your Soldiers to reach individual and organizational goals.

Mentoring is the proactive development of each subordinate through observing, assessing, coaching, teaching, developmental counseling, and evaluating that results in people being treated with fairness and equal opportunity. Mentoring is an inclusive process...for everyone under a leader's charge

One of the most important responsibilities for Leaders of Soldiers and Airmen is to help them to make their maximum contribution to the unit. This is what mentoring is all about. It's difficult to overestimate the value and importance of successful mentoring to the Soldiers and Airmen being mentored, the unit—and to you.

Mentoring helps Soldiers and Airmen do more than they imagined they could. Mentoring helps units increase their readiness and boost morale. Mentoring helps the mentor stay technically sharp, tactically proficient, and professionally engaged. And mentoring helps the Guard by ensuring a continuing supply of outstanding leaders who have been mentored by the leaders who went before them.

The Connecticut National Guard continues to face challenges in recruiting and retention. Leaders and all levels need to embrace and implement the "Combat Attrition" philosophy in order to be successful in recruiting and retention. Units must develop sound attrition management/retention plans to manage losses and articulate to the leadership the importance of keeping their primary focus on their Soldiers and Airmen.

The Connecticut National Guard must recruit and maintain ready units that are available for deployment and are available to the Governor for State emergencies. To achieve Connecticut's end strength mission we must continue to focus all of our efforts on non prior service recruiting, reduce the training pipeline, first term, and junior officer losses. Every Soldier and Airman counts.

I want to personally thank those Soldiers and Airmen participating in Operation Nutmeg Sentry at Connecticut's Rail Stations, Bus Terminals and Ferries. In light of the recent events in London, England it is important for the citizens of Connecticut to know that the Connecticut National Guard, along with other state agencies, is here to protect our citizens and offer stability for our transit system. As always, the Guard is ready, willing and able to answer the call whenever we are needed.

Again, please keep in your prayers those Connecticut National Guard members that are currently deployed. We wish them all a safe deployment and safe return.

Promotions

Air National Guard To Master Sergeant

Robert A. Daunais, 103d Comm. Flight
Gregory K. Edgerly, 103rd Aircraft Maint. Squadron

John M. Gasiorek, 103d Sec. Forces Squadron

To Technical Sergeant

Runuel D. Bibby, 103d Aircraft Maint. Squadron
Christopher Mastroianni, 103d Maint. Squadron

Christopher D. Newman, 103d Maint. Ops Fl
Gabriel M. Speciale, 103d Log Read. Squadron

To Staff Sergeant

Lars N. Owren, 103d Aircraft Maint Squadron
Michael A. Schumann, 103d Log Read Squadron

To Senior Airman

Joseph M. Bennett, 103d Log Read Squadron

Army National Guard

To Sergeant 1st Class

Lawrence R. Davis, Jr., Co C 242 Eng.
Brett W. Wilson, JFHQ-CT

To Staff Sergeant

Jeffrey Keefover, Co C, 280th Sig Bn
Joshua P. Lecara, Co C, 280th Sig Bn
Kenneth C. Sager, Co C, 280th Sig Bn

Neil G. Gerrish, Co G, 104th Avn Reg
Dana M. Jellison, Co C, 280th Sig Bn
Richard A. Zanetti, Co A, 143rd FSB

To Sergeant

Jonathon Cuebasmarrero, 250th Eng Co
Joshua L. Dietz, Det 2, 250th Eng
Jameson M. Cyr, 223rd MP Det
Kevin A. Moore, Det 2, 250th Eng
Miguel A. Pedraza, Co C, 280th Sig
Matthew D. Robinson, Co C, 280th Sig Bn
John C. Adams, Co C, 280th Sig Bn

John B. Baribault III, Det 2, 250th Eng
Colleen E. Taylor, HSC, 118th Med Bn
Sara R. Delano, HSC, 118th Med Bn
Miguel A. Figueroa, HSC, 118th Med Bn
Randy J. Nosal, HSC, 118th Med Bn
Amy B. Paulin, HSC, 118th Med Bn

Temporary Technician Employment Opportunities

The Human Resource Office has Temporary Technician employment opportunities available throughout the State. We have a need for a variety of military specialties including Family Support Specialists, Administrative Support Personnel, Aircraft Mechanics, Finance Specialists, Heavy Equipment Mechanics and Operators, etc. If you are a member of the Connecticut National Guard and are interested in one of these employment opportunities, please call the HRO Staffing Specialist at (860) 878-6739 or just submit an OF-612 and OF-306 directly to the HRO. If sending your application directly please ensure you sign and date both forms, document all your civilian and military experience, list your daytime phone number and identify the type of Temporary Technician position you would be interested in filling.

There is a New Face at HRO



To schedule an appointment for an ID Card or to update your DEERS information contact:

Senior Airman Amanda Douville at
860-878-6725 or email her at
Amanda.douville@ct.ngb.army.mil

Homefront

In defense of Connecticut's children: Guard, law enforcement work together to help youth make responsible decisions for future

The streets are practically empty on a beautiful summer morning. A warm breeze floats through the air and there isn't a cloud in the sky. The serene setting is marred by the scene that unfolded just a short time ago.

A car seemed to have run out of stopping room, to avoid the collision with a pedestrian in a crosswalk. The red light and the State law that protects pedestrians in a cross walk were irrelevant at that moment. There simply was not enough time for the driver to stop.

This may sound like your local news report, but it was simply a staged event for 42 New Britain youth. The youths were involved in a weeklong camp held at Central Connecticut State University, co-sponsored by CCSU and New Britain Weed and Seed with support from the New Britain Police Department and the Connecticut National Guard.

The week began with the arrival of the campers and their introduction to the Mentors, the Campus and what they could expect during the week. After the campus tour, we broke the youths down into five separate groups, each with a different mission. Each group would have to

complete their portion of the assignment if the week was to be a success.

The teams were assigned one of the following specialties; Interview, Forensics, Accident Investigation, Photography, or Media Relations. Each team would receive specialized training in their specific area by an expert from the New Britain Police Department, but it is still too early to teach 42 kids, how to do this without some foundation work. They have to be able to work together and with some level of cooperation and coordination, so that means, Team Building.

Professors from CCSU volunteered to provide instruction and exercises that would help to form the teams into cohesive groups. As some of you may have experienced, trying to get adults to work as a team is not that easy at first. Some adults are willing to get involved, while others are content to sit against the wall quietly, kids are no different.

After about 15 minutes of "I don't wanna do it" and "This is dumb" we have just about everyone participating in trying to keep numerous balloons afloat or trying to keep 4 balls moving in a circle. In the end, the kids had some fun and they were starting to work in their assigned groups as opposed to simply wanting to hang with their friends.

The first day was finished without too many issues and hopefully it would only get better from here.

Day Two began with providing the youth with breakfast from the College DFAC and welcoming them back for the day. The day continued with a presentation by a mobile news crew and tour of the news van. The groups then broke down to learn their specific roles and get some practice.

Several police officers were assigned to each group and an additional expert was brought in to share his or her experience with their respective groups. The forensics team learned how to dust for fingerprints, lift them off of a variety of surfaces and also how to properly collect and document trace evidence.

The Accident Investigation team learned how to properly measure vital distances and how to draw an accurate sketch that would provide all the information required for recreating the scene.

The Interview team learned how to identify and interview witnesses and determine which persons should be detained for further questioning and how to sort through what they were being told to find the truth.

The Photography team learned the proper way to take photographs so that they would be most useful in investigating the crime and for proper prosecution of any criminal activity.

The Media team was responsible for creating the Press Releases, dealing with the hungry news teams and for creating the end presentation. The week was beginning to take form and the youth were learning.

The youth were brought out to the scene. A bloodied car, probably stolen, an injured pedestrian, some very long skid marks and a few witnesses.

As the teams went to work in their respective AO's, a K-9 unit located a potential suspect. The evidence team lifted prints with creativity and knowledge that surprised even the officers, who taught them where to look.

The interview team listened to the witnesses and then began to tear into the apprehended suspect with all the ferocity of the K-9 that located him, getting enough information to piece the crime situation together and to detain the suspect for further interrogation.

See IN DEFENSE Page 21



RONALD E. LEE, 1ST SGT. (RET.) USAR
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

On Friday, June 17th, the Connecticut ESGR Committee became part of the Rhode Island ESGR Employer Recognition Event Air Show when they arrived and departed via Chinook Helicopter flown by members of the Connecticut National Guard's Army Aviation Support Facility (AAFS).

The event took place from noon until 4:00 p.m. at the Quonset Air National Guard Base, North Kingstown, Rhode Island. The event was held in conjunction with "Media Day" for the Rhode Island National Guard Open House/Air Show held on 18-19 June.

Approximately 190 guests attended the Employer Recognition Event and were able to watch the Air Show performers as they rehearsed their routines for the show that weekend.

The practice show included the Shockwave Jet Truck, the Canadian Snow Birds Aerobatic Jet Team, Mike Mancuso's aerobatic plane, the Red Devils and US Army Special Operations Parachute Teams, the U.S. Navy Blue Angels, and other acts.

There were sixteen (16) employers and committee members making up the Connecticut manifest. In attendance were Maj. Larry Guenther, Deputy Director for the NE Region, National ESGR; Lt. Col.

Robert Behm, R.I. State Family Program Director; and Mr. William Coffey, CTESGR Vice Chair; CTESGR Public Affairs Chairman Ron Lee; CTESGR Bosslift Coordinator Tom Pandolfi; and CTESGR Member Fred Rackle. Rhode Island's Gov. Carcieri (an employer with more than 17,000 state employees) and Lt. Gen. Centracchio (an employer in his State capacity

with more than 800 civilian employees), in front of the assembled group of employers, each publicly signed a 5 Star Statement of Support.

Those certificates were immediately framed and ceremonially presented back to the governor and the adjutant general later in the ceremony.



Members of the ESGR contingent which visited the Rhode Island Air Show take a moment to pose for a photo. (Photo courtesy Ron Lee)

CTNG ESGR become part of Rhode Island air show

The attorney general of Rhode Island was also a 5 Star Statement of Support recipient and he was presented his certificate at the same time as the governor and the adjutant general.

The Rhode Island National Guard insured that the Employer Recognition Event was covered by local TV media and a few employers were personally interviewed by Channel 10.

Photo support was also provided by the Rhode Island National Guard Public Affairs and 143d Airlift Wing Multi-Media Office.

Between Connecticut and Rhode Island, there were one hundred fourteen (114) award nominations, fifty-nine (59) of which were ceremonially presented at this event.

The remainder of the awards to employers who were unable to attend the event will be hand delivered by various committee members over the upcoming few weeks.

Everyone in attendance had a wonderful day, enjoyed the bright, sunny skies and the air show rehearsals and gained valuable insight into what the Rhode Island and Connecticut National Guard (Army & Air Components) are capable of doing. There were numerous positive comments and all left with a better understanding of what ESGR is and does and a vow to "Support the Troops."

In Defense

From Page 20

After the Accident team took down all the measurement and drew up a sketch, they were able to calculate the vehicle's speed to 44.5 MPH, pretty close to the 45 MPH that the vehicle was traveling when the marks were made.

The Photo team documented the scene and worked with the Media team to create a visual presentation, so the parents at graduation could see what their children had done during the week.

As the investigation continued and the teams cooperated, the following conclusions were reached. The car was stolen by two men, both of whom were intoxicated and exceeding the 25 MPH speed limit. As they approached an intersection, the delayed reaction to the red light and the pedestrian in the crosswalk resulted in a collision with critical injuries to the pedestrian. The two men fled on foot, but were later apprehended and detained for prosecution. This information was presented to the parents and distinguished guests at the graduation to show all that the city's future had learned.

The week provided the youth insight to the world of law enforcement, a chance to bond with their city's police officers and a reason to make the right choices, to leave their futures in their own hands.

Army National Guard Members




Interested in

Playing

HOCKEY?

All ability levels- beginners welcome C or D league
Play in Cromwell or Newington Weekly Games
Men & women welcome

Contact:
1st Lt. Rick Marshall
102nd INF/C Co.
Phone: (860)524-4834
E-mail: Richard.Marshall3@ct.ngb.army.mil



INFORMATION
Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are the allies they've enlisted and befriended. Don't turn them with information that can harm us.

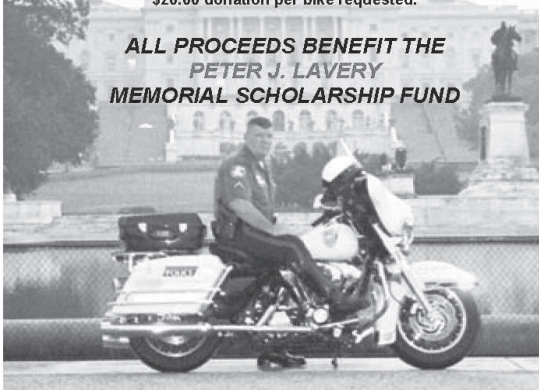
1st Annual Memorial Run

MPO Peter J. Lavery

September 18, 2005

Police Escorted Motorcycle Ride
All law enforcement supporters on all makes of bikes are welcome.
\$20.00 donation per bike requested.

**ALL PROCEEDS BENEFIT THE
PETER J. LAVERY
MEMORIAL SCHOLARSHIP FUND**



Peter J. Lavery was a retired major in the Connecticut Army National Guard

Registration from 8:00 AM – 9:45 AM; Ride departs at 10:00 AM from Maguires Sports Bar, 3573 Berlin Turnpike, Newington, Connecticut

At the conclusion of the ride, please stay for free food and live music by bands Second Nature and By Request.
Ride ends approximately 11:15 AM.

RAIN OR SHINE



8th ANNUAL NGACT OPEN



DATE:
Friday
September 2, 2005

LOCATION:
Keney Golf Course
Hartford, CT

TIME:
11 a.m. Shotgun Start

COST:
\$90 per person

FORMAT:
Four (4) Person Scramble
Gross & Net Divisions

**All proceeds to benefit
the Connecticut Children's Medical Center and
the NGACT Scholarship Fund**

Tournament Day Schedule
9 - 10:45 a.m.: Registration, Coffee, Donuts
10:45 - 11 a.m.: Depart for starting holes
11 a.m.: Shotgun Start
5 p.m.: Steak Barbecue, Awards, Raffle

Tournament Includes:
Coffee & Pastry before start
18 holes with cart lunch
Steak Barbecue
Awards, Prizes & Raffle
\$10,000 Hole in One Contest
Men's & Ladies' Closest to the Pin Contest
Men's & Ladies' Long Drive Contest
50/50 Contest
Team Photos
Hole Sponsorships Available

For questions or more information contact:

Mike Falk: (860) 524-4852
Rich Maziarz: (860) 798-1367
Jim Howard: (860) 289-2237

Return No Later Than Aug. 16, 2005 to: NGACT Open, 368 Broad Street, Hartford, CT 06105-3795
(Make Checks payable to NGACT)

Name	Address & Phone Number	9-Hole Avg. Score
1. _____		
2. _____		
3. _____		
4. _____		

Inside OCS

Class 51 Bonds as a class, prepares for challenges ahead

OC JOSEPH BROOKS
OCS CLASS 51

Over the last three months the newest class of Officer Candidates for the state of Connecticut have been preparing for its year-long process of becoming lieutenants in the Connecticut Army National Guard.

With guidance from the members of Class 50, we have been learning the basics that are necessary to prepare for OCS (Officer Candidate School) and to ensure that we get the most out of our training experience.

The number one lesson we have learned to this point is the same lesson that has been echoed by every prior class. Teamwork is the key to successfully completing OCS and the ability to work well with others is a valuable tool for the future career as an officer.

This lesson was the backbone of Class 50 as they went through all three phases of OCS, the same as it was for Class 49 and so on. In fact, the atmosphere of teamwork has become a cornerstone of what our TAC

(Teach, Assess and Counsel) Officers and NCOs teach us.

From the moment we put our feet on the ground in the OCS company area we were indoctrinated with the spirit of teamwork. We were immediately responsible for each other. Officers are required to exceed the standards set by the Army for personal appearance and conduct. An officer must also be comfortable with squaring away Soldiers when they spot a deficiency. By being responsible for each other we are learning several lessons including personnel management and teamwork.

Much of our training to this point has involved many basic soldiering skills, land navigation and drill and ceremony. We are periodically tested and evaluated on our performance by the TACs.

Despite the fact that many of the tests and evaluations are done on an individual basis, the spirit of teamwork is fostered throughout the process. Cooperation and teamwork are required aspects in the entire process. While

we are evaluated as individuals, it requires dedication and teamwork from the rest of the Officer Candidates to be successful in our endeavors. We constantly correct each other, quiz each other on our required information and use our strengths to fill in where another candidate may have a deficiency. Once a deficiency is identified, we work as a class to bring each Officer Candidate up to the level of the rest of the class.

In our quest to succeed in the OCS program we have identified some of the strengths and deficiencies of our class. Some of our classmates, who are junior enlisted members of the National Guard, have very little exposure to land navigation and are struggling to understand it.

When I went through Basic Training at Fort Sill, land navigation was a one-day course with only one day in the field. I personally felt as if I was lacking the proper understanding when came to this required knowledge.

Class 51 pulled together and used our

resources to help the Officer Candidates, including myself, who needed help when it came to land navigation. Taking a Sunday of our own time, we planned a training session and field exercise to reinforce what we had been taught by our TACs.

Our classmates who were more familiar with land navigation lead us on a practical exercise designed to ensure that we were all capable of handling land navigation when our evaluation occurs during our Phase One training.

The effectiveness of our planning and teamwork will not be entirely known until we are evaluated in Phase One. However, there is no doubt in my mind that if Class 51 can continue to pull together as group, we will be able to meet every challenge that OCS and our future careers as Army officers can throw at us.

It is the spirit of teamwork and cooperation that will ensure that we will be successful in the challenges ahead.

Why Diversity?

Connecticut Airman presented NAACP Roy Wilkins award

The Department of Defense has announced the selection of Master Sgt. Claire M.S. Potier as the Air National Guard recipient of the prestigious 2005 National Association for the Advancement of Colored People (NAACP) Roy Wilkins Renowned Service Award.

The honor is awarded to a military member from each branch of the Armed Forces who distinguishes themselves by making significant contributions to our country in the area of civil/human rights, race relations, equal opportunity, affirmative action and public service.

Potier is the Employment Development Specialist for the Connecticut National Guard and works out of the Human Resource Office in Newington, Conn.

She is a resident of Hartford and has two children, Kesner and Renee.

Potier was selected from the entire Air National Guard for her 32 years of outstanding service in the area of protecting and enhancement of civil rights, creating an organization that values individual differences and her personal commitment to equal opportunity.

Most noteworthy is her staunch support of minority causes throughout her military career.

Her tireless efforts prevailed as she contributed to the advancement of minorities and women in the military and her community.

As a member of the American Legion McKinney Post #142, she capitalized on the expertise and skills of Post members and used their abilities to help veterans needing assistance.

Omnipresent, she was there for veteran's families during periods of sickness, hospitalization, and in death.

In 1988, Potier took the little known Connecticut Black History Month Celebration and transformed it into a gala event through the years.

Presently, the Connecticut Black History Month Celebration involves the Connecticut Air and Army National Guard, the United States Postal Service and the Federal Executives Association of Connecticut.

his cooperative effort has enhanced the knowledge of African-American contributions to building a stronger, more secure America.

She has made an important difference to her community and to the men and women of the Connecticut National Guard. Her contributions reinforce her belief that "One person can make a difference."

Potier received the award during the 30th Annual NAACP Armed Services and Veterans Awards Dinner held at the Pfister hotel in Milwaukee, Wisconsin on July 12.



Scott X. Esdaile, President Connecticut NAACP, recipient Master Sgt. Claire M.S. Potier and Lt.Col Jeffrey Sabotka celebrate Potier receiving the Roy Wilkins Renowned Service Award. (Photo courtesy Sgt. 1st Class Scott Farrell)

"A small group of committed, thoughtful people can truly change the world. Indeed, it's the only thing that ever has."

Margaret Mead

Health & Fitness



Medical Notes



West Nile Virus: Fight the Bite!!

COL. FRANK DiNUCCI
RN, COHNS

The above statement was taken from the Centers for Disease Control and Prevention (CDC). Infection from West Nile Virus (WNV) can cause a serious disease if infected.

WNV is most common in the summer and fall. The disease is carried mostly by mosquitoes but it can be carried by other animals. When mosquitoes bite their victim (mostly birds) the virus then gets into the blood stream and the victim becomes infected. It takes three to 14 days after the bite for symptoms to develop.

According to the CDC, four out of five (80 percent) people that are infected don't show

any symptoms, 20 percent of people infected show mild symptoms such as fever, headache and body aches, nausea, vomiting and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days, but even healthy people infected with WNV have been sick for several weeks.

About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

People over 50 years of age are more likely to have serious symptoms.

Prevention is the best weapon against WNV. The following recommendations are direct quotes from the CDC.

1. When you are outdoors, use insect repellents containing DEET (N, N-diethyl-meta-toluamide). Follow the directions on the package.

2. Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours. Light-colored clothing can help you see mosquitoes that land on you.

3. Make sure you have good screens on your windows and doors to keep mosquitoes out.

4. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

To find more information about WNV please go to the following web site at the CDC <http://www.cdc.gov/ncidod/dvbid/westnile>.

Fit for Life: Web site for high-tech, hands-on health education

1ST LT. ELLEN HARR
59TH MEDICAL WING PUBLIC AFFAIRS

Making the transition to a healthier lifestyle can make the difference between life and death for patients with cardiovascular disease.

Through detailed illustrations, testimonials from other patients and other cutting-edge technologies, the CardioConnection Web site takes patient education well beyond the doctor's office. The site gives patients access to comprehensive health education tools from their home computers.

"The site helps patients take a look at cardiac risk factors and learn how to minimize them," said Sandra Black, a cardiac rehabilitation coordinator with the 759th Surgical Operations Squadron at Wilford Hall Medical Center here. "It also helps provide them with valuable skills for lifelong health."

The CardioConnection site was created by the Air Force's Center for Excellence in Medical Multimedia and features 3-D animations of cardiac-related symptoms and procedures, personal testimonials from patients and heart-healthy dietary tips.

"It is by far the best educational resource for patients with cardiovascular diseases that I have ever seen," said Maj. (Dr.) Richard Krasuski, staff cardiologist and director of cardiovascular research with the 759th SOS. "It also appears to help them make the necessary lifestyle changes to get healthier."

The Cardiac Rehabilitation Program at Wilford Hall averages 60 to 75 visits per week, so the information provided by CardioConnection is the perfect complement to the educational counseling patients receive during their appointments, Black said.

"It re-enforces all that information (we provide during face-to-face patient education). The quality of the videos is great," Black said. "They are really professionally done, and they feature patients who have experienced the same things they are going through. So patients who visit the Web site and view the videos can hear and identify with the experiences of others."

For more information, people can visit the CardioConnection Web site at www.cardioconnection.org.

(Courtesy of Air Education and Training Command News Service)

Sleep loss affects Soldier readiness

CAPT. JUSTIN CURRY
ARMY NEWS SERVICE

Like food, water, and air—sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk.

When Soldiers don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

Sleep deprivations may lead to...

- falling asleep at the wheel causing a vehicle roll-over
- administering the wrong medicine or the wrong dose
- failing to recognize a threat or reacting too slowly to it
- transposing digits while entering coordinates into a fire-control system

A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get Soldiers killed.

Sleep Deprivation and Performance

The longer Soldiers go without sleep, the poorer their performance on any number of tasks. In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, there is a noticeable decrease in performance. After being awake for 24 hours, the reaction time is worse than being legally intoxicated. After 28 hours without sleep, performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

Sleep Management

To sustain performance over the long haul, Soldiers need at least 6 and preferably 7-8 hours of sleep in 24 hours. Soldier performance will degrade over time with less sleep than six hours. Getting 4-6 hours of sleep every 24 hours will keep Soldiers in the amber zone (where the risk for mission critical errors is increased, but still at acceptable levels) for periods of up to several weeks. Getting less than 4 hours of sleep will keep Soldiers in the red zone (where the risk for mission critical errors is unacceptably high).

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, several

shorter sleep periods that add up to 6 – 8 hours is adequate.

Tips for Sleep Management

Tips for Soldiers

- Don't sleep in areas where there is regular activity.
- When sleeping, minimize exposure to noise and light - wear ear plugs or blackout shades.
- Avoid over-the-counter "sleep aids," which cause grogginess not actual sleep.
- Sleep whenever possible – even a little sleep is better than none. Several "catnaps" can add up quickly.

Tips for leaders

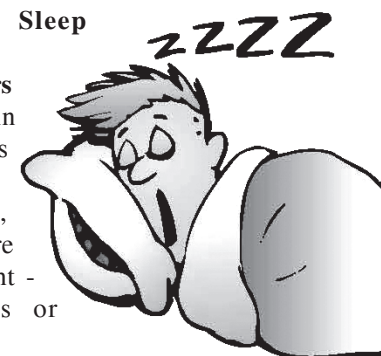
- Develop a unit sleep management program that gives Soldiers at least 6 and preferably 7-8 hours to sleep out of every 24.
- Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body's normal reaction to sleep cycle disruption.
- Never put Soldiers in a position where they must choose between sleep and something else they would enjoy.
- Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.
- If sleep loss can't be avoided... Use caffeine – drink the equivalent of two cups of coffee (~200 mg of caffeine) every 2 to 4 hours.
- Caffeine use as described above will help maintain performance even in the face of moderate sleep loss.

Remember...sleep is a necessity.

- Your performance begins to suffer as soon as you start losing sleep.

- If you are struggling to stay awake, then your ability to function is already impaired.

(Editor's note: Capt. Justin Curry is a psychologist at the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.)



The Green Guard

Wetlands and Biodiversity

MELISSA TONI
NATURAL AND CULTURAL RESOURCES MANAGER

The CTARNG manages about 200 acres of wetlands and watercourses. This habitat type is managed differently than the remaining lands due to its high level of biodiversity, its benefit both environmentally and economically, and because of significant wetland management regulations.

Wetlands and watercourses are found on almost all CTARNG installations and are most significant on Stone’s Ranch and East Haven Rifle Range.

Wetlands found on these sites are areas of land that are saturated with water. Prolonged saturation leads to a chemical reaction with the soil that reduces the level of available oxygen.

Wetland vegetation is very different than upland vegetation because of the ecological adaptations required to deal with the lack of oxygen.

Wetlands are the most diverse habitats in North America and provide a large amount of environmental benefits. Eighty-five percent of all animal species depend on

wetlands for at least part of their life cycle. For instance, ducks forage and nest in wetlands, great blue herons eat the fish in wetlands, and beavers dam up streams to create even more wetlands for food and shelter.

By filtering sediments and removing contaminants, wetlands improve the quality of our water. Streams carry road sand into wetlands, the dense aquatic vegetation slows the water down, the sediment settles to the bottom, and the stream leaves the wetland with clean flowing water.

Many economic benefits are provided by wetlands. Specifically, floodplain wetlands reduce the severity of floods by providing a storage area for rising water. Water is detained and then is released slowly from wetlands, reducing the amount of damage to homes and structures.

Tidal and riparian wetlands protect shorelines and riverbanks from erosion from waves and currents. Eroding banks are a problem for homes built along rivers and residents often have a fear of losing part of their land.

Several federal and state agencies address this concern and often spend hundreds of thousands of dollars constructing wetlands to absorb some of the force of the current.


Perhaps the most interesting wetland the CTARNG has is called a vernal pool, of which several are present at Stone’s Ranch. Vernal pools typically only hold water for two to three months during the spring. Salamanders and frogs use the pools for reproduction and you can see egg sacs on the bottom of these pools and attached to branches and wood in the pool. These amphibians are extremely sensitive to changes in the pool’s hydrology and vegetation and are therefore highly protected by the DEP.

Due to the proven benefits of wetlands, several laws were adopted in the late 1970s. The federal Clean Water Act and the State of Connecticut Inland Wetland and Watercourse Act protect all wetlands from negative impacts. CTARNG construction projects involving filling, clearing, or impacting wetlands require permits from several agencies



before construction. This agency has a great reputation among the regulating agencies for dealing with wetland issues and permits.

Wetlands encountered in the field should be avoided and handled with care. The dumping of any chemicals or garbage will cause harm to the vegetation and the animals dependant on that vegetation.



Proceeds to Fund
CT National Guard
&
Troop 76
Simsbury, CT
Scholarships

Raffle

★2nd Annual Sgt. Felix M. DelGreco Jr. Memorial Scholarship Golf Tournament

Saturday, August 27, 2005
Goodwin Golf Course – Hartford, CT

FORMAT:	SCRAMBLE
REGISTRATION:	6:30 – 7:30 A.M. & 12:30 P.M.
SHOTGUN START:	7:30 A.M. & 1:00 P.M.
LUNCH INCLUDED	Hot Dog & Beverage at Turn

Complimentary Beverage & Hors D'oeuvres
5:30 pm – 6:30 pm

Dinner
Our Lady Of Fatima Church Hall
Fatima Square, Hartford, CT

SPECIAL EVENTS
Hole in one contest on all par 3's.
Hole in one-Donated by Mitchell Auto Group-2 Yr Lease
2005 Chrysler Sebring Convertible or similar

CONTEST
*Closest to the pin on all Par 3's, Long Drive on #1 & 13, Accurate Drive on #18

ENTRY FEE: \$100 (Dinner only \$30.00) Per Player
Includes Green Fees, Cart Fees, Driving Range, Lunch & Dinner
• Applications will be accepted on 1st come 1st serve basis
• Limited to the first 288 PAID PLAYERS
• Starting holes will be assigned upon arrival

REGISTRATION	PLAYERS/HANDICAP
Foursome Contact: _____	Player 1: Name _____
Address: _____	Address _____
Phone #: _____	Player 2: Name _____
E-mail: _____	Address _____
	Player 3: Name _____
	Address _____
	Player 4: Name _____
	Address _____

Please complete form and return along with cash or check made payable to:
The Sgt. Felix M. DelGreco Memorial Scholarship Fund
Send payment to : 6 Alcima Drive, Simsbury, CT 06070

Retirees Picnic – 2005

August 17th
1200-1700
Camp Rell, Niantic CT



Bring a guest!
Active Duty Welcome!
Pass the word!
Meet old friends!

Raffle! Prizes!
Lots of Food & Beverages!
Live Music!
Card Games!

Come Join the Fun! Mark your calendar!

Detach and return to COL(Ret) Bob Kelly

2005 Retirees Picnic **Cost:** \$20.00/person by July 23rd
\$22.00/person after July 23rd

Name: _____	Rank: _____	Army	Air
Address: _____	Return with payment:		
City: _____	COL (Ret) Bob Kelly		
State: _____	92 Stocking Mill Rd.		
Phone: () _____	Wethersfield, CT 06109		
E-mail Address: _____	1-860-529-6851		
Make Check payable to: NGACT			

My Address has changed from last year.

Retirees' Voice

State legislation signed into law, more coming on the national front

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

Good News! The governor, M. Jodi Rell, signed important legislation into law concerning the Armed Forces of the State of Connecticut.

One piece provides worker's compensation for Guardsmen and women who may be injured after being called to State Active Duty.

Another provides indemnification of Armed Forces members, or a protection from liability while discharging their military duties within the scope of military employment.

And one provides Mobilization Service Awards for those mobilized after Sept. 11, 2001, during a time of war.

These are important. They provide the protection and recognition for our Soldiers and Airmen while they protect and defend our state.

Another bill signed into law more directly

affects retirees. Starting with the 2008 tax year SS71-73 will exempt fifty percent of federally taxable military retirement income from state income tax. Retired members of the U. S. Army, Navy, Air Force, Marines, Coast Guard, and of course the Army and Air National Guard will receive the exemption.

It will be some time before we reap the rewards of this legislation, but maybe by that time we can have them modify it to make it 100 percent. (Just a thought.)

We can thank the National Guard Association of Connecticut (NGACT) for its hard work getting these bills enacted and signed into law.

On the federal front there are bills as reported before, and some newer ones. There are two bills, H.R. 923 and H.R. 887, to allow free mail for troops in Iraq and Afghanistan and their families. That sounds like a great idea.

There are several bills regarding concurrent disability pay and retired pay. H.B. 303 by Mike Bilirakis (R-FL) again asks for concurrent receipt of disability and retired pay for all military retirees (This bill has the co-sponsorship of John Larson and Rosa DeLauro). Another bill H.R. 1366 asks for Combat Related Special Compensation for Chapter 61 retirees (those retired for medical purposes and not for years served).

There is a Senate bill S.185 sponsored by Bill Nelson (D-FL) to eliminate the offsets to the survivor Benefit Plan by DIC (Dependency and Indemnity Compensation).

There are also three amendments waiting to be introduced in the deliberations on the National Defense Authorization Act for 2006.

One to end the SBC/DIC offset and move the effective date for 'paid up' SBP to October 1, 2005; another amendment would authorize permanent fee-based TRICARE for all selected reserve members, regardless of activation status; and the third would authorize full concurrent receipt for all retirees who are classified 100 percent disabled due to 'unemployability.'

Keep your congressional representative and senators attuned to how you feel about these and other legislation dealing with Medicare and Social Security.

Recently Retired?

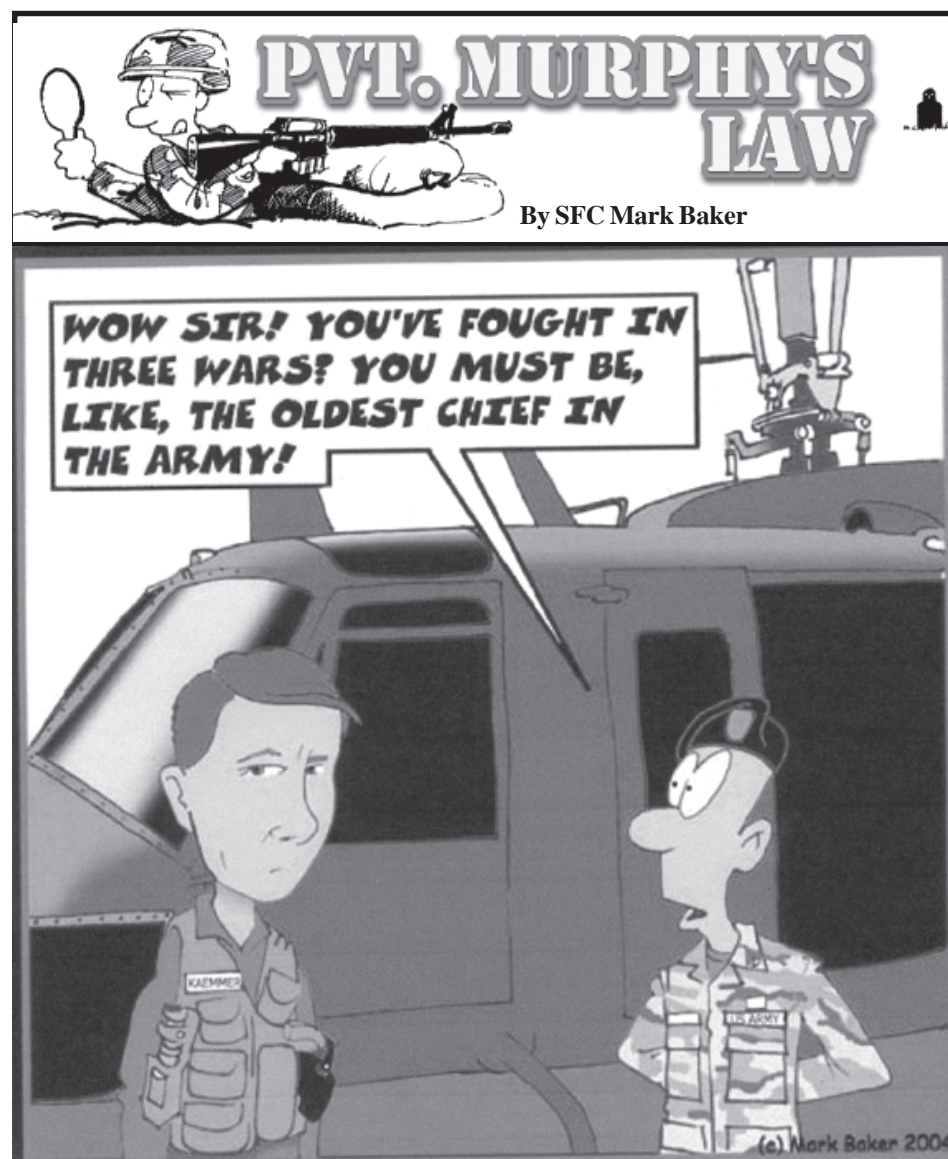
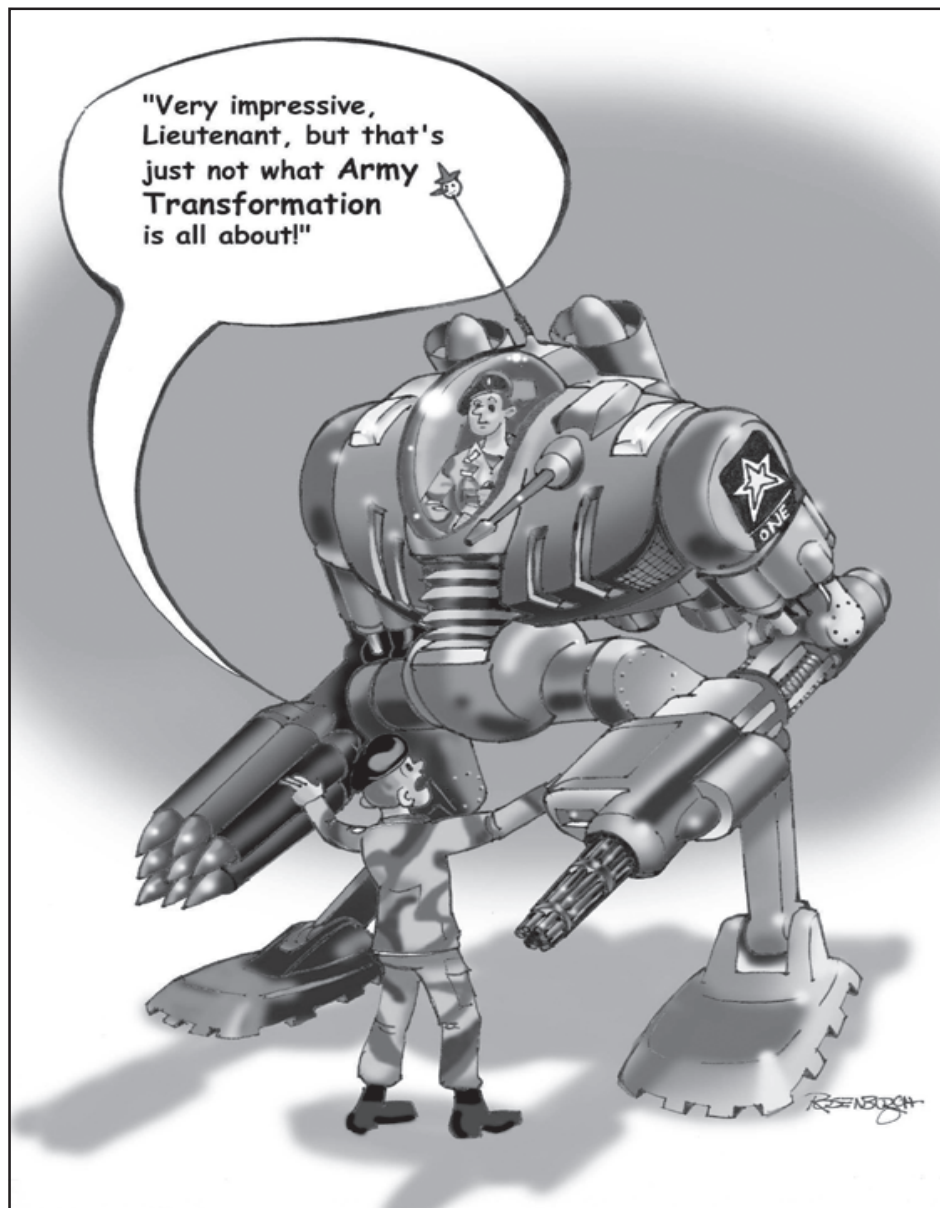
Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

Call the Handyperson Hotline today to volunteer your skills (860) 209-0770

2nd Louie

By Bob Rosenburgh



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Military Pay Technician (Indef)	USPFO	GS-06	Aug. 9, 2005
Flight Ops Specialist	AASF	GS-08	Aug. 9, 2005
Aircraft Inspector (Indef)	AVCRAD	WG-12	Aug. 9, 2005
Aircraft Engine Mechanic	AASF	WG-10	Aug. 9, 2005
Logistics Management Officer	AASF	GS-13	Aug. 10, 2005
Equipment Specialist (General)	JFHQ-CT	GS-09	Aug. 10, 2005
Aircraft Flight Instructor	AASF	GS-12	Aug. 10, 2005
Information Tech. Specialist (Network)	DOIM	GS-11/09	Aug. 24, 2005
Grants & Agreements Spec. (Indef)	USPFO	GS-09	Aug. 24, 2005
Supply Technician	USPFO	GS-07	Aug. 24, 2005
Heavy Mobile Equipment Repairer	FMS 11	WG-08	Aug. 24, 2005
Heavy Mobile Equipment Repairer	FMS 9	WG-09	Aug. 24, 2005
Heavy Mobile Equipment Repairer	FMS 8	WG-10	Aug. 24, 2005
Aircraft Mechanic (2 positions)	AASF	WG-10	Aug. 25, 2005

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Powered Support Systems Mechanic	103rd FW	WG-10	Aug. 5, 2005
Aircraft Mechanic	103rd FW	WG-10	Aug. 9, 2005
Electronics Mechanic (Indef)	103rd ACS	WG-11	Aug. 10, 2005
Aircraft Survival Flight Equip. Repairer	103rd FW	WG-10	Aug. 11, 2005
Human Resources Assistant	103rd FW	GS-07	Aug. 25, 2005
Human Resources Assistant (Military)	103rd FW	GS-07	Aug. 25, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting CMD	SFC/E-7	Open AGR Nationwide
Supply Sergeant	102nd Army Band	Up to E-5	Open AGR Nationwide
Supply Sergeant	Co A, 143rd FSB	E-5 to E-6	Open AGR Nationwide
MPT/S-1	85th Troop Command	W-4 and below	On Board AGR Only
Mil Pers Tech/HSS	JFHQ-CT	W-4 and below	On Board AGR Only
Food Services NCO	JFHQ-CT	E-5 to E-7	OpenaAGR Nationwide
Dog Handler	119th MWD Det	E-4	Open AGR Nationwide
Dog Handler (2 positions)	11th MWD Det	E-4	Open AGR Nationwide

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Aircraft Mechanic	103rd FW	E-3 to E-7	Open AGR Nationwide
Aircraft Survival Flt Equip Rep	103rd FW	E-7 to E-8	On Board AGR Only
Aircraft Engine Mech Suprvsr	103rd FW	E-7 to E-8	On Board AGR Only
Budget Analyst	103rd FW	E-7 or below	On Board AGR Only
Powered Spt. Sys. Mechanic	103rd FW	E-2 to E-6	On Board AGR Only
Human Resources Asst.	103rd FW	E-4 to E-7	On Board AGR Only
Human Resources Asst. (Military)	103rd FW	E-6 or below	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Coming Events

August

August 17

Retirees Picnic

Camp Rell

August 19

Retirement Party

Col. Preziosi, Col. McHale & Col. Caporizo

Aqua Turf

August 21 - 24

EANGUS National Conference

August 27

DelGreco Golf Tournament

September

September 2

NGACT Golf Tournament

September 17-19

127th General Conference

National Guard Association of the United States

September 21

Connecticut Day at the Big E

October

October 6

Senior NCO Dining In

Aqua Turf

November

November 6

Veteran's Day Parade

In future issues

Space and Aviation Day

OCS Commissions New Lieutenants

BRAC Update

4th Anniversary of 9/11

Deadline for submissions is the 15th of the month previous to publication.

1/102 receives Freedom Salute and welcome home

STAFF SGT. STEVE MARKOWSKI
65TH PCH

The numerous medals and resounding accolades from dignitaries, family members and fellow veterans and citizens told of the valor, the relentless hard work and the professionalism of the Soldiers.

The two sets of empty boots in the unit's formation and a moment of silence during the ceremony told of the sacrifices made by the infantrymen and their families.

More than three months after returning from Iraq, 40 members of C Company, 1st Battalion, 102nd Infantry were officially welcomed home at Bristol Eastern High School, with a Freedom Salute ceremony held by the Connecticut National Guard on Sunday, July 10.

The empty boots paid tribute to Sgt. Felix Del Greco and Spc. Robert Hoyt, who were killed in action.

"To say that today's event has been a long time in coming does not do justice to the sacrifice that these Soldiers, their families and their employers have made. I thank you for your honorable and faithful service," Adjutant General Brig. Gen. Thad Martin said.

Gov. M. Jodi Rell applauded the infantrymen for their service and their sacrifices.

"You came through with flying colors, with your heads held high and your hearts in the right place," Gov. Rell said. "I'm more than honored to be your commander-in-chief. You make me very proud."

As the wife of a veteran, Gov. Rell also paid tribute to the family members, many of whom were in the bleachers in the high school gymnasium.

"You are the ones who are holding the family together, watching and waiting and praying every day," Gov. Rell said. During the ceremony, the governor and several other speakers spoke of the sacrifice represented by the two sets of empty boots. The loss remains fresh in the minds of the unit members, as several of them spoke of the tragedies after the ceremony.

"The losses really hit us hard," said Officer Candidate Mark Ballantyne, who was riding in the same humvee as Del Greco when their platoon was ambushed on April 9, 2004. "He was killed defending us, so he died a hero. He was the epitome of an NCO."

Del Greco was posthumously awarded



During the welcome home ceremony for Company C, 102nd Infantry, two empty pairs of boots were placed front and center of the formation as a tribute to the two Soldiers lost during deployment to Iraq, Sgt. Felix Del Greco and Spc. Robert Hoyt. (Photo by Spc. Jordan E. Werme, 65th Press Camp.)

the Bronze Star with Valor device, as well as the Purple Heart. Hoyt was posthumously awarded the Bronze Star, the Purple Heart and the Army Commendation Medal.

Staff Sgt. Wallace Reed and Sgt. Mark Stuart were awarded the Purple Heart.

Four other unit members were awarded the Bronze Star, 25 were awarded the Army commendation medal. All unit members were awarded the Combat Infantryman's Badge, among other awards for their service in Iraq.

The Bristol-based infantry unit was called to active duty on Dec. 7, 2003 and arrived at Fort Hood, Texas on Jan. 8, 2004. After extensive training there and at Fort Polk, Louisiana, the unit arrived in Kuwait on March 20, 2004, immediately transitioning to combat operations in preparation for the movement into Iraq.

The unit was tasked with capturing or destroying insurgent rocket and mortar teams who were attacking Camp Taji and conducted more than 200 cordon and search operations, 100 raids, counter mortar and counter rocket

operations, convoy security, route clearance for improvised explosive devices (IED's), counter insurgent combat patrols and civil action operations.

In their 12 months in Iraq, the Soldiers of Co. C captured more than 500 of 155mm artillery rounds, 100 Rocket Propelled Grenades (RPG) warheads, five RPG launchers, 10 RPK machine guns, 50 AK-47 assault rifles, and more than 60 insurgents.

The battle streamer added to the unit's guidon will forever represent the unit's service in Operation Iraqi Freedom. The role these men played in the historic Iraqi elections will continue to stand out in their minds, according to several unit members.

"The elections were great because that validated why we were there," said Ballantyne, who added that he was impressed by the bravery of the Iraqi citizens who ignored death threats and braved indirect fire in order to exercise their



Sgt. Christian Mines salutes Col. William S. Sobota after receiving his Combat Infantry Badge during Company C, 102nd Infantry's welcome home ceremony, July 10th. Each member of Co. C received the award, including posthumous awards for fallen Soldiers Sgt. Felix Del Greco and Spc. Robert Hoyt. (Photo by Spc. Jordan E. Werme, 65th Press Camp.)

newly acquired democratic rights.

"Our area was getting attacked that day. It was amazing that the people were getting mortared, yet they kept on coming out. They were getting threatened, but they kept out. It was amazing," Ballantyne said.

"We felt good because so many people came out," said Spc. Jason Sirko. "One site that we secured was hit several times by mortar rounds, but it didn't scare them away."

Vehicular traffic was strictly limited in order to prevent the possibility of suicide car bombing, Sirko said.

"During the elections, my platoon was roving. Others were securing Iraqi polling sites and Iraqi Police stations. We made sure that no one was out who wasn't supposed to be out. They were all supposed to be walking to the polls.

Sirko's grandfather, a Connecticut Guardsman activated for World War II attended the homecoming ceremony.

"This is the greatest! I didn't sleep for a whole year. We kept reading the news, praying and going to church" said Joe Mafale, who had been a member of C Company, 1st Battalion, 169th Infantry when he was called up in 1940. He said that he and his grandson have traded stories about their respective deployments, and that there are similarities.

"It (Operation Iraqi Freedom) had to be done – the same thing as when I went," Mafale said. "I even asked him about it when he was going and he said 'somebody's got to do it.' We couldn't be any prouder of him."

One C Company Soldier actually had a family reunion while he was still in Iraq. Sgt. Joseph Aparo, Jr., of Bristol, had a chance to visit his father Command Sgt. Maj. Joseph Aparo, Sr., a member of the 143rd Area Support Group, which is still serving in Iraq.

"I stayed with him for a couple of days in the 'Green Zone'," Sgt. Aparo said. "He showed me Saddam's tunnels, the Iran-Iraq War Monument and Iraq's Tomb of the Unknown."

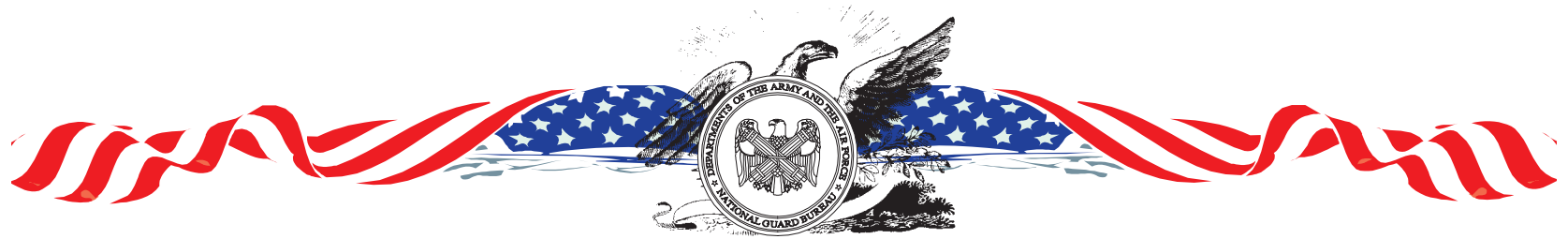
Aparo said that it was good to have so much support from the community in the time that he and his fellow Soldiers have been home.

"It was a hard deployment – working every day, getting in a little scuffle every now and again," said Sgt. Aparo, adding that the "welcome home" ceremony in his hometown is significant not just as an official homecoming.

"It's a closing on the deployment," Aparo said.

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Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 8

HARTFORD, CT

AUGUST 2005

Youth Program honors 'Little Soldiers, Airmen' of Connecticut Guard

MELISSA TETRO
DONNA RIVERA
CTNG YOUTH PROGRAM

The Connecticut National Guard Youth Program was recently established and is currently run by three coordinators who have a strong passion for military children and who really want to make a difference in these children's lives.

While pondering ways to acknowledge all the sacrifices that these children make, Mrs. Donna Rivera stumbled across an article written by Dawn Andreucci, a Community Readiness Consultant at the Hanscom Family Support Center in Massachusetts.

In the article Dawn talked about how she found a website where a singer, Jeff Wade Clark, had written a song titled "Little Soldier."

Dawn became inspired when she listened to the verse "there's no medal to award your sacrifice." From those seven words, Dawn decided to create her own medal with which she would do just that: award their sacrifices.

Clark has been singing and writing Country Music most of his life and had no idea what effect his song "Little Soldier" would have on his life and the lives of our nation's military children.

From Dawn's idea, the CTNG Youth Program designed a medal of its own and has had two opportunities to present them to the children of recently returned military members.

The first Children's Home Front Hero Medal was awarded to Kendric Dow of Enfield. Kendric's father, Tech. Sgt. Michael Dow of the 103rd FW CTANG, returned from a 90-day deployment and was given the opportunity to pin his son with this medal at an awards ceremony.

Medals were given to children of the 118th Medical BTN in Newington on June 26. Clark was at this event to sing his inspirational song to the attendees.

"There were tears, hugs, and lots of singing and fun," on that day, says Donna Rivera. The other coordinators of the Youth

Program are Melissa Tetro and Michelle McCarty.

The three coordinators of the Youth Program have been working hard to create a successful program and get the medals distributed. Tetro, a counselor and military wife, feels honored to be a part of this program.

"I am thrilled that the National Guard Bureau recognizes the needs of military children. It's great to finally be out there helping our program's most important asset."

McCarty feels like this program is going well.

"Going to all the FRG meetings and seeing what these kids experience can be heart wrenching."

All three coordinators try to make every

FRG meeting in the state to meet with the children and help them deal with their loved ones' deployments.

Clark has been a great inspiration for all of the Youth Program Coordinators. His desire to be a part of this extraordinary effort is evident in his performance. He says he is "humbled to be in the company of such heroes as the military and their families, especially the children."

Clark has been invited to perform at all of Connecticut's Home Front Hero Medal presentations, which are scheduled for November and April.

The CTNG Youth Program coordinators plan on making the pinning ceremonies a day to remember. These children are truly exceptional and they want them to know it.



Kendrick Dow receives one of the first CTNG Youth Program's Hometown Hero Medals. The medals were inspired by the lyrics of Jeff Wade Clark's song "Little Soldier." (Photo by Michelle McCarty, CTNG Youth Program)



CATHERINE GALASSO

Receive Joy in life by sharing it

I opened the lovely card that my husband's grandmother sent to me that read, "Those who refresh others with themselves will be refreshed." Proverbs 11:25. My heart warmed at the compassionate understanding of those words.

When we do good for another, blessings are showered back upon us, for we set in motion the powers of a universal law. Every positive action touches off seen and unseen reactions that will ring out in eternity.

And so we pay tribute to you, the men and women of the military, genuine heroes, who honorably do their duty to uphold the highest form of American service.

Life is like a looking glass; it gives back to us the reflection of our own actions. Spread joy and become surrounded with joy. What is in our heart expresses itself, and so we would like to convey our thanks to you and your daily sacrifices and utmost devotion. Never underestimate your strength and bravery. With one small gesture, you change the lives of others for the better.

Let us remember the saying by Henry Drummond: "You will find as you look back on your life that the moments that stand out, the moments you really lived, are the moments when you have done things in the spirit of love."

The word philanthropy has its roots in the Greek language. Its meaning is "love for mankind." Therefore, whether you are wealthy or poor, you can be rich in compassion and kindness.

Albert Switzer was an example of the fulfillment of this word, philanthropy, with his complete abandonment of society to take his medical knowledge and Christian compassion to serve the natives of Africa. In this, he found his greatest happiness.

Dr. Marie Curie who discovered the radioactive power of radium, gave us the x-rays that saves so many thousands and millions of lives today.

Cartoonist Charles Shultz's desire to bring a smile into the lives of others inspired him to create the wonderful antics of his "Peanuts" characters.

Poet Helen Steiner Rice gave her readers great wisdom with truly encouraging verses such as, "True communication is reached through God alone, to Him the thoughts we cannot express are understood and known." She brought light into so many lives with the verse, "An unlit candle gives no light, only when it is burning, is shining bright. And if life seems empty, dull and dark, it is doing things for others that give it the needed spark."

These people had one goal in their hearts: to lift up others and bring happiness into their lives. Real strength is the ability to do good for another, as do our American Soldiers. Our hearts will always be full of appreciation, as you honor the uniform that you wear and help your fellow human beings.

By your sterling example, let us all look around, and treat ourselves to the greatest joy in life and that is doing something for someone else. We can judge a person's character by the way they react to someone's needs, by doing what they can to ease the way for them, to show them love.

In the sixth chapter of Matthew, I read, "When you give a gift to a beggar, don't shout about it as the hypocrites do...when you do a kindness for someone do it secretly...and your Father who knows all secrets will reward you."

God is working in more ways than we can imagine. He will do great and miraculous things through us, as we yield ourselves to Him and look for the opportunities He puts in front of us. He is watching, for it is written in 2 Chronicles, 16:9, "The eyes of the Lord run to and fro throughout the Earth, to show Himself strong in behalf of those whose heart is mature toward Him."

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net © Catherine Galasso, 2005

Military Family Support Websites

Army Community and Family Support Center. (www.armymwr.com) The Army Community & Family Support Center serves as the headquarters for Army MWR (Morale, Welfare & Recreation).

Army Family Liaison Office. (www4.army.mil/usar/families) The AFLO serves as the Ombudsman for all Army soldiers, civilians and families of active Army, the Guard, Reserves and Retirees.

Army Family Team Building. (www.armyfamilyteambuilding.org) Army Family Team Building is a volunteer-led organization which provides training and knowledge to spouses and family members to support the total Army effort. AFTB's mission is to educate and train all of America's Army in knowledge, skills, and behaviors designed to prepare our Army families to move successfully into the future.

Air Force Crossroads. (www.afcrossroads.com) Crossroads is the official community website of the U.S. Air Force. This site provides information on numerous topics including Air Force installations, family separation and readiness, medical and dental, and relocation.

USAF Combat Support and Community Services. (www.p.afsv.af.mil) Air Force Services exists to provide combat support to commanders directly in support of the Air Force mission. They also provide community service programs that enhance the quality of life for Air Force members and their families. These programs indirectly support the mission by improving morale, productivity, and retention. They offer a full range of military and community support programs at most major Air Force installations.

Army National Guard Family Readiness Program. (www.arng.army.mil) The mission of this program is to: help bond Guard families together and promote a sense of comradeship; relay vital information from the Director and the Family Readiness Program in order to lessen the feeling of isolation and convey the Director's concerns for the well being of Guard families; aid Guard families in better understanding the mission of the ARNG; keep Guard families informed about activities sponsored by the Director and /or the Family Readiness Program; and provide an avenue for Guard families to share some of the common rewards, or tensions and frustrations of military life.

National Guard Bureau Family Support. (www.guardfamily.org) In the aftermath of the Cold War, members of the Guard and Reserve are being called to active duty to an unprecedented extent. In recent years we have repeatedly called reservists to duty involuntarily for missions in Bosnia, Kosovo and Southwest Asia. Contingency operations like these have placed enormous strains on our servicemembers and their families. This site provides information on the steps the NGB is taking to enhance family support and readiness.

National Guard & Reserve Family Readiness Strategic Plan. (www.defenselink.mil) Prepared by the Office of the Assistant Secretary of Defense for Reserve Affairs and the Office of Family Policy (within the Deputy Assistant Secretary of Defense for Personnel Support, Families and Education) this plan seeks to ensure that reservists and their families are prepared to cope with the strains associated with long or repeated deployments and are adequately served by military family care systems, networks and organizations.

The National Guard Family Program Community. (www.guardfamily.org) The National Guard Family Program helps military personnel and their families prepare for deployment. This site offers useful information on topics such as education, employment, benefits, financial and legal issues.



HANDYPERSON HOTLINE

"CARRYING THE HOMEFRONT"

**SERGEANT MAJOR
TOBY P. CORMIER**
Ph: 860-441-2984
Cell: 860-209-0770
toby.cormier@ct.ngb.army.mil

Visit the
Connecticut Guardian
on-line at www.ct.ngb.army.mil

Guard supports families through deployment hardships

DONNA MILES
AMERICAN FORCES PRESS SERVICE

Families of deployed guardsmen and reservists face challenges beyond those of active-duty families, and a strong family support network stands behind them to help through those difficult days, the National Guard Bureau chief said.

“The challenges are considerable,” said Army Lt. Gen. H Steven Blum.

For one thing, Guard and Reserve call-ups extend considerably beyond the Army’s standard one-year deployment cycles, Blum said.

“One year of boots on the ground is not one year for a National Guard Soldier,” he said. “It’s about 18 to 22 months of total mobilization time.”

That translates to time on active-duty away from families in an intensive training mode.

“You’re basically putting your life on hold for at least a year and a half,” Blum said.

That is no small sacrifice for the affected troops or the families they leave behind, he said.

And unlike active-component families, the general said guardsmen and reservists generally do not have the built-in support system that comes from living in or around a big military base with lots of other families in the same boat.

Guard and Reserve families “are spread all over the landscape,” Blum said. “They live in the communities. So when they are called up, that spouse or that family may be the only people in the whole neighborhood or in that whole apartment complex” to have their loved one deployed.

That is considerably different from big installations where “when the wing (or unit) goes, everybody who lives in that enclave feels exactly the same problem.”

To help support these families, the National Guard Bureau Family Program offers a wide range of services and support ranging from family readiness groups at the unit level to a Web site that details the full range of services available to families, including points of contact.

More than 400 family assistance centers nationwide serve as the program’s centerpiece. These centers, generally set up

in National Guard armories, serve as “a critical link” for families during the loved ones’ deployments, said Col. Anthony Baker Sr., the Guard’s chief of family programs.

They serve not only Guard and Reserve families, but also families of all active-component members deployed or recently returned from a deployment.

Blum described them as “a single-stop shopping source” for families needing information or assistance, not only during the deployment, but also before and after.

Families typically turn to the centers for information about the deployment or to find out where to go for anything — from counseling support to financial assistance to health-care access, Baker said. Some come with questions about their family member’s civilian employer or to ask how to get military identification cards.

To help broaden the centers’ reach, the Guard is partnering with state and local governments, the American Red Cross, the United Services Organization and veterans service organizations. The Veterans of Foreign Wars, American Veterans and American Legion are already partners, and the Disabled American Veterans will sign on soon, Baker said.

“These organizations are real force multipliers,” he said. “They bring important skills and expertise to the table so we’re better able to help meet families’ needs.”

And regardless of their needs, Baker said the Guard owes it to guardsmen to look out for their families while they are deployed.

“If we don’t do that, we have failed them,” he said. “We want to (use) every resource possible for families so that when servicemembers are deployed, they know their families are in good hands.”

Knowing that their families have a dependable support system at home allows guardsmen — as well as all other servicemembers — to concentrate on their mission rather than worrying about their families needs, Baker said.

It also has a direct effect on whether they remain in the service.

“We have a saying, ‘If we sustain the family, then we retain the servicemember,’” Baker said.

Connecticut Medics wait on front line for trauma patients



A Time magazine’s photographer was in the dust off when it landed on the Helo pad at the 228th CSH, FOB Speicher with trauma patients. Looking out towards the approaching litter team the FOB Speicher’s front linemen are: (Left to Right) Staff Sgt. Bessenaire, 141st MEDCO, Spec. Wilson, 228th CSH, Sgt. Gorman, 141st MEDCO, Pfc. Ware, 36th Med Evac BN. (Photo courtesy Staff Sgt. Gary Bessenaire, 141st Med. Co.)





GUARD TOONS
by Lyle Farquhar



" SURE I... WE'RE NEVER TOO BUSY TO VOLUNTEER !"

For Bradley Airbase
BRAC Information,
visit the NGACT website at
www.ngact.com

Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory 64 Field Street, Waterbury, CT 06702 (203) 574-2406 Toll Free 866-347-2291 Staff Sgt. Jonathan Duffy	Norwich Armory 38 Stott Avenue, Norwich, CT 06360 (860) 823-1342 Ext. 12 Toll Free 866-347-3357 Mrs. Andrea Lathrop
Manchester Armory & AVCRAD 330 Main Street, Manchester, CT 06040 (860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle	103rd Air Control Squadron 206 Boston Post Road, Orange, CT 06477 (203) 795-2983 Charlie and Jane Solomon
103rd FW, Bradley ANG Base Bldg 8, East Granby, CT 06026 (860) 292-2730 Mrs. Donna Rivera	Newington VA Center 555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111 (860) 878-6745 Ms. Melissa Tetro & Sgt. Tamara Jex
Hartford Armory 360 Broad Street, Hartford, CT 06105-3795 1-800-858-2677 Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes, 2LT Claude Hibbert, Mrs. Trudy Kaufman and Sgt. Jessica McKenna	Windsor Locks Bldg. P123, Camp Hartell, Windsor Locks, CT 06096 (860) 386-4027 Mrs. Rita O'Donnell

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:

kim.hoffman@ct.ngb.army.mil

Please visit our Website at www.ct.ngb.army.mil/family

Making a Grow Buddy

What you will need:

- | | |
|---|---|
| <ul style="list-style-type: none">■ 1 pair of old nylon pantyhose■ scissors■ drinking glass with a wide mouth■ 10 inches of plastic fishing line■ rubber band | <ul style="list-style-type: none">■ measuring spoon■ 2 Tbs. grass seed (Rye works the best)■ 1 1/2 cups untreated softwood sawdust (from a lumberyard)■ non-toxic fabric paint or puff paint |
|---|---|

Directions:

1. Cut off one leg of the pantyhose about 10 inches from the toe.
2. Place the toe of the panty hose into the drinking glass, until it just touches the bottom of the glass. Stretch the cut end around the top of the glass, and secure with the rubber band.
3. Pour the grass seeds into the toe of the stocking.
4. Gently pour the sawdust on top of the grass seeds, trying not to mix the two.
5. Slide the rubber band down the glass until it releases the stocking. Then, remove the stocking from the glass.
6. Squeeze the nylon together just above the sawdust, tightening the seeds and sawdust into a ball in the end of the stocking, making sure that there are no gaps between the nylon and the sawdust and seeds.
7. While you are holding the stocking tight, have someone help you by wrapping the fishing line just under where you are squeezing and tie a tight knot.
8. Cut the extra nylon off.
9. Decorate your Grow Buddy with eyes, a nose and a mouth.
10. Place your Grow Buddy in a bowl of water, and hold it there until it sinks to the bottom on its own. Once saturated, remove your Grow Buddy and place in a low dish with the top of its head (where the grass seeds are) facing up. Place the dish in a warm sunny place. Keep a little water in the bottom of the dish, so that it remains moist.

Kids' Creative Corner

A MONTHLY FEATURE OF
FUN AND EDUCATIONAL
ACTIVITIES